



December,
January, February
2023/24

COMMUNITY SPECTRUM

Highlights:

- GIFT CARD SALE
- CHRISTMAS TREE LIGHT UP
- JANUARY CONCERT
- FAMILY DAY ACTIVITIES
- DODGEBALL SHOWDOWN



WOMEN'S CONFERENCE



RECHARGE. REVITALIZE.
REPLENISH.

2024

Saturday, April 13

9:00am - 4:00pm

It's hard to be your best on empty.
Take some time to recharge, revitalize and replenish.
This conference offers the opportunity to meet new people,
explore new interests, and focus on you!

Registration Opens March 1

\$40. Includes sessions, lunch, and gift bag.

Sign-in and Meet & Greet will begin at 8:15am at the Whitecourt United Church
(5202 50 Street) but the conference is a walkable experience within our
downtown core supporting local resources and businesses.
Free transportation will be provided for those with mobility issues.



whitecourt womens conference

Limited child care available at the Allan & Jean Millar Centre,
which must be booked separately. Registration forms are
available at various places around town, including the Allan &
Jean Millar Centre and Town Administration Office.

Proudly supported by:



CONTENTS

December,
January, February
2023/24

IF YOU REQUIRE SPACE IN THE 2024 SPRING
SPECTRUM (APRIL-JUNE) PLEASE CONTACT US BY
THURSDAY, NOVEMBER 30 AT 780-778-6300 OR
SPECTRUM@WHITECOURT.CA

2 AROUND TOWN

- Mayor's Message | 2
- Parks and Playgrounds | 4

6 TOWN FACILITIES

- Carlan Services Community Resource Centre
- JDA Place

7 WHITECOURT TRANSIT

8 ALLAN & JEAN MILLAR CENTRE

- Membership Information | 10
- Recreation Programs | 13
- FCSS Programs | 18
- Arts & Culture | 22
- Family Support Programs | 24
- Pembina Fitness Centre | 26
- Pembina Gas Infrastructure Aquatic Centre | 36

44 IN THE COMMUNITY


Whitecourt

5004 - 52 Avenue
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Email: administration@whitecourt.ca
www.whitecourt.ca
facebook.com/TownofWhitecourt
facebook.com/MillarCentre



Woodlands County cost shares
on all programs and services
developed by the Town
of Whitecourt Community
Services Department.

The
Whitecourt Star

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AROUND TOWN



**TOM PICKARD
MAYOR**

MAYOR'S MESSAGE

Whitecourt is a vibrant community, offering a blend of rural and urban living and lifestyle opportunities. Our Whitecourt Economic Development Team has been able to utilize this in recruiting new professionals and attracting investors and businesses to our region.

- Our efforts to attract and retain healthcare professionals has been successful, with several new doctors and nurses moving to the community this past year. The Alberta Health Minister and representatives from Alberta Health Services have visited our community in recent months, and we are encouraged by the Province's commitment to improve our local healthcare centre.
- A sales agreement is being finalized on an alternate energy/ industrial project within Whitecourt.
- Working with local industry, the number of apprenticeships in the region has increased 44% to meet growing labour demands.
- As an Alberta Advantage Immigration Program designated community, Whitecourt has supported over 60 businesses in attracting employees, and over 50 candidates are now living and working in Whitecourt.
- The General Electric/Morraine power generation plant announced for construction in the region, valued at \$1.5 billion, is moving through the development processes.

To receive updates on new developments and announcements, sign up to receive the Whitecourt Economic Development Newsletter. Details are on www.whitecourt.ca.



ATTENTION ALL OFF-HIGHWAY VEHICLE OWNERS & OPERATORS

The Town of Whitecourt's Off-Highway Vehicle Bylaw, which governs the use of quads, snowmobiles, and other off-highway vehicles (OHVs) within Town limits, only allows for seasonal use. As of December 1, OHVs are allowed to operate within the Town of Whitecourt.

For complete bylaw information, please contact the Town of Whitecourt at 780-778-2273 or visit our website at whitecourt.ca

STAY OFF THIN ICE

The Town of Whitecourt asks the public to use caution when participating in activities at the pond in Festival Park. Please obey all "Thin Ice" signs and other posted warnings, and be aware that the area is UNSUPERVISED and is to be used at your own risk.

If you require information about Festival Park pond, ice safety, planned park activities, or would like to report vandalism or unsafe conditions in the area, please call 780-778-2273.



Two nights
to choose from!
SATURDAY OR SUNDAY
DECEMBER
16 & 17

FREE

SELF-GUIDED
TOUR MAPS
ALSO AVAILABLE!
Maps available at
whitecourt.ca

TRANSIT *Twinkle* TOURS 2023

IN THE SPIRIT OF
THE HOLIDAY SEASON,
PUBLIC TRANSIT IS PROVIDING
FREE CHRISTMAS LIGHT TOURS
AROUND WHITECOURT

Three tours each night, lasting 45 minutes each, will begin and end at the Allan & Jean Millar Centre. Tours are wheelchair accessible. Please arrive 15 minutes early. Pre-registration is required as space is limited. All children must be registered with a seat.

5:30PM * **6:30PM** * **7:30PM** .

19 SPOTS AVAILABLE EACH NIGHT PER BUS, PER TIMESLOT

WE ENCOURAGE THE COMMUNITY TO HAVE THEIR
DECORATIONS UP AND LIGHTS ON FOR THE EVENING TOURS.



Registration opens Monday, December 4 at 12:00pm.
To register, please contact the Allan & Jean Millar Centre at
780-778-3637, ext "0".

FREE Winter Activities & Events

On behalf of the community, Whitecourt Town Council and staff work together to create a vibrant community with endless opportunities. The Town of Whitecourt is committed to providing our residents with services and programs that support the health and wellbeing of all members of your family. Part of this commitment involves a variety of FREE activities and events that can be enjoyed by all members of Whitecourt - all year long!

Winter Activities Facilities

FAMILY SUPPORT PROGRAMS

Allan & Jean Millar Centre / Ages 0-18

PUBLIC SKATING / SLIDE & GLIDE

JDA Place / All Ages

Sponsored by  Rotary Club of Whitecourt

FREE FAMILY SWIM

3 SUNDAYS PER MONTH 6:00-8:00PM

Specific Sundays announced on Facebook.

Allan & Jean Millar Centre / All Ages

Sponsored by  Rotary Club of Whitecourt 

ADULT SWIM TO SURVIVE LESSONS

Allan & Jean Millar Centre / 18+

CROSS COUNTRY SKIING

Whitecourt Golf & Country Club / All Ages

TOBOGGANING

Dahl Drive Toboggan Hill / All Ages

OUTDOOR ICE RINKS

Various Locations / All Ages

INDOOR WALKING GROUP

Allan & Jean Millar Centre / 60+

For current community event information follow Whitecourt on Facebook.

  @TownofWhitecourt

-  Allan & Jean Millar Centre
-  JDA Place
-  Carlan Services
-  Community Resource Centre
-  Forest Interpretive Centre
-  Carbonex Contractors Centre
-  Eastlink Park
-  Whitecourt Golf & Country Club
-  Whitecourt Seniors Circle

FOR MORE INFORMATION VISIT US AT
WWW.WHITECOURT.CA



1
ALLAN & JEAN MILLAR CENTRE



2
JDA PLACE



3
WHITECOURT GOLF & COUNTRY CLUB



Trails

There are over 50km of walking trails throughout Whitecourt that will take you from the hilltop area to the valley. For a trail map, visit www.whitecourt.ca

DAHL DRIVE TOBOGGAN HILL

5



Events

TIM HORTONS COMMUNITY FUN NIGHTS

Allan & Jean Millar Centre / All Ages

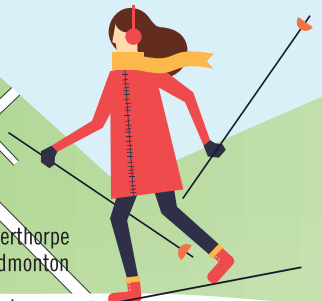
A NIGHT AT THE NORTH POLE SATURDAY, DECEMBER 2

Forest Interpretive Centre / All Ages

FAMILY DAY EVENT SATURDAY, FEBRUARY 17

Various Locations / All Ages

Check out the event ads in this issue for more details.



FESTIVAL PARK

4



Whitecourt

Issued October 2023

HERITAGE PARK

To Mayerthorpe
& Edmonton

TOWN FACILITIES

JDA Place

72 Sunset Blvd • 780-778-8888

Scan the QR code for
all public skate and
shinney times.



Public skate is
proudly sponsored
by the Rotary Club
of Whitecourt



FOR ICE RENTALS contact bookings@whitecourt.ca
or call 780-778-3637 ext 402

Carlan Services Community Resource Centre

76 SUNSET BLVD.
780-778-3634



HOME OF THE:

Rivers Rec Gymnastics Club
Whitecourt Food Bank
Whitecourt & Area Family Support Program
Whitecourt Early Learning & Child Care Centre

WHITECOURT FOOD BANK

780-778-2341

11:00am-1:45pm Monday,
Wednesday, and Friday

WHITECOURT TRANSIT

**BIKE RACK AVAILABLE • FREE WIFI!
30 MINUTE PICKUPS DURING PEAK HOURS!**

TRANSIT FARES

Cash Fares	\$3
Transit 10-Ticket Pack	\$25
Adult Monthly Pass	\$70
Senior/Youth Monthly Pass	\$40
Children 6 and Under	Free
Youth Groups	\$1/passenger

HOURS

Monday-Thursday 6:30am-8:44pm
Friday 6:30am-7:44pm
Saturday 9:00am-3:44pm

NO BUS SERVICE ON SUNDAYS &
STATUTORY HOLIDAYS

WHERE TO BUY

Passes and ticket packs can be purchased at:

Town of Whitecourt Office 5004 52 Avenue

Allan & Jean Millar Centre 58 Sunset Boulevard

IGA 4802 51 Street



INTERIOR, EXTERIOR AND TRANSIT SHELTER ADVERTISING

Available for rent.
Please contact 780-778-3637 ext. 429
or email transit@whitecourt.ca for more
information on advertising rates and options.

FOR MORE INFORMATION

Call 780-778-3637 ext. 429 | Email transit@whitecourt.ca

TRANSPORTATION GRANT PROGRAM & DIAL-A-BUS

A transportation voucher program for seniors 65
years of age and older, individuals approved for
AISH, and individuals under the age of 65 years with
physical or functional disabilities (doctor assessed).

Discounted monthly Public Transit and
Dial-A-Bus passes available. Individual fares for
Public Transit and Dial-A-Bus are also accepted.

FOR MORE INFORMATION

Call 780-778-6300 | Email css@whitecourt.ca

VOUCHERS CAN BE USED FOR TRAVEL ON PUBLIC TRANSIT, THE DIAL-A-BUS AND LOCAL TAXI

Qualification information and program applications
are available at the Allan & Jean Millar Centre.



DIAL-A-BUS HOURS

Monday-Friday 9:30am-12:00pm
 (first pickup at 9:40am)
1:00-3:00pm
 (last pickup at 2:45pm)



WWW.WHITECOURT.CA



ALLAN & JEAN MILLAR CENTRE

CORPORATE MEMBERSHIPS

Active living has been proven to reduce absences, illness and sick days. It boosts employee productivity, energy and the ability to manage stress.

3 EASY STEPS TO A 15% DISCOUNT

- Gather 5 or more employees who want or have a membership.
- Sign up on our Corporate Membership list.
- Choose which membership plan you would like.

CORPORATE MEMBERSHIP RATES

15% DISCOUNT

	MONTHLY	ANNUAL	COST PER MONTH	COST PER DAY
Youth (13-17 yrs)	\$28.16	\$253.69	\$21.14	\$0.70
Adult (18-59 yrs)	\$45.36	\$453.26	\$37.77	\$1.24
Senior (60-69 yrs)	\$34.02	\$305.95	\$25.50	\$0.84
Super Senior (70+ yrs)	\$17.01	\$152.97	\$12.75	\$0.42

*Note: All rates include GST where applicable



If you are looking to boost company morale with no added cost contact:
Guest Services: 780-778-3637 ext: 0
or email: guestservices@whitecourt.ca

Facility Rentals



CROWN & ANCHOR PUB MEETING ROOM

Regular Rate: \$37.67/hr
Daily Rate: \$150.70

Non-Profit Rate: \$26.90/hr
Daily Rate: \$107.65

COMPLETE PROJECTS FIELDHOUSE

YOUTH FIELDHOUSE RENTALS:

Full Surface: \$84.72/hr
Third Surface: \$33.60/hr

ADULT FIELDHOUSE RENTALS:

Full Surface: \$107.28/hr
Third Surface: \$41.54/hr

WE ARE OVERFLOWING WITH OPPORTUNITIES TO CONNECT & GET ACTIVE!

- Pembina Gas Infrastructure Aquatic Centre
- Pembina Fitness Centre
- Rotary Running Track
- Infratech Water Play Park
- McDonald's Whitecourt Go Active Zone
- GFI Solutions Hot Tub (34 person)
- Table Tennis
- Alberta Newsprint Company Court
- Water Slide
- Aqua Rock Wall
- Steam Room (16 person)
- Whitecourt Communications Free WIFI
- Life Med Pharmacy Kids' Corner
- Alberta Newsprint Company FITStudio
- Crown & Anchor Pub Meeting Room
- Complete Projects Fieldhouse
- Foosball



THERE IS SOMETHING FOR EVERYONE FROM TOTS TO SUPER SENIORS.

SPONSORSHIP SPOTLIGHT

Alberta Newsprint Company Courts



"Alberta Newsprint Company is proud to sponsor the Allan & Jean Millar Centre racquet ball court. Living in a safe and vibrant community is important and physical fitness is one of the cornerstones to personal wellbeing."

We would like to thank
Alberta Newsprint
Company for its
continued support!



<https://rec.whitecourt.ca>

GIVE THE GIFT OF RECREATION THIS HOLIDAY SEASON...

WITH AN ALLAN & JEAN MILLAR CENTRE GIFT CARD!

Purchase a gift card at
Guest Services for \$45 and
get an extra \$5 for free!
That's a \$50 gift card
for only \$45!

The perfect gift to give
someone special for the holidays.



OFFER VALID FROM DECEMBER 1-24, 2023

ALLAN & JEAN MILLAR CENTRE

INDIVIDUAL MEMBERSHIP FEES

let's go...
have FUN with FAMILY & FRIENDS

INDIVIDUAL	DAILY	10 VISIT	MONTHLY	ANNUAL	COST PER MONTH*	COST PER DAY*
Tot (under 3yrs)	Free	Free	Free	Free		
Child (3-12yrs)	\$4.15	\$37.33	\$23.45	\$210.71	\$17.56	\$0.58
Youth (13-17yrs)	\$5.75	\$51.79	\$33.15	\$298.45	\$24.87	\$0.82
Adult (18-59yrs)	\$8.85	\$79.66	\$53.35	\$533.24	\$44.44	\$1.46
Senior (60-69yrs)	\$6.80	\$61.24	\$40.02	\$359.94	\$30.00	\$0.99
Super Senior (70+yrs)	\$3.40	\$30.62	\$20.00	\$179.97	\$15.00	\$0.49
Family	\$19.80	\$178.23	*20% off Regular Membership - see below			

FAMILY MEMBERSHIP FEES

Family packages must include one adult/senior and at least one dependent child up to 18 years of age, or a full time student up to 25 years of age.

20%
OFF

	MONTHLY	ANNUAL	COST PER MONTH*	COST PER DAY*
Tot (under 3yrs)	FREE	FREE	*20% OFF	
Child (3-12yrs)	\$18.76	\$168.57	\$14.05	\$0.46
Youth (13-17yrs)	\$26.51	\$238.77	\$19.90	\$0.65
Adult (18-59yrs)	\$42.68	\$426.59	\$35.55	\$1.17
Senior (60-69yrs)	\$32.01	\$287.95	\$24.00	\$0.79
Super Senior (70+yrs)	\$16.01	\$143.98	\$12.00	\$0.39

CORPORATE MEMBERSHIP FEES

Once your company has been added to our Corporate Membership List, employees will be able to choose a discounted membership plan for themselves and their partner/spouse. Proof of employment will be required at the time of purchase. Contact Guest Services for more details at 780-778-3637 ext. 0 or guestservices@whitecourt.ca

15%
OFF

	MONTHLY	ANNUAL	COST PER MONTH*	COST PER DAY*
Youth (13-17yrs)	\$28.16	\$253.69	\$21.14	\$0.70
Adult (18-59yrs)	\$45.36	\$453.26	\$37.77	\$1.24
Senior (60-69yrs)	\$34.02	\$305.95	\$25.50	\$0.84
Super Senior (70+yrs)	\$17.01	\$152.97	\$12.75	\$0.42

*AVERAGES - FOR COMPARISON PURPOSES

ALL MEMBERSHIPS ARE NON-REFUNDABLE AND NON-TRANSFERABLE. ALL RATES INCLUDE GST WHERE APPLICABLE.

780-778-3637 ext. 0 for Guest Services

guestservices@whitecourt.ca | 58 Sunset Blvd. T7S 1N6 | Fax: 780-706-2483

Find us at  facebook.com/MillarCentre  allanjeanmillarcentre
or visit us at www.whitecourt.ca



REGISTRATION RULES

All registrations will be accepted by phone, in person at the Allan & Jean Millar Centre or online at <https://rec.whitecourt.ca>

For your convenience, Course ID#s have been listed for programs offered to ensure smooth and efficient registration.

- Registration online and over the phone can be paid by way of VISA/MASTERCARD/AMEX.
- Registrations are **NOT** accepted without payment.
- The registration deadline for all programs is seven days prior to the start date, unless otherwise advertised.
- If a program is cancelled by the Town, registrants will receive a full refund.

- If a participant withdraws fifteen (15) days or more prior to the registration deadline, a full refund will be issued.

- A refund, less an \$10.50 administration fee will be issued if a participant withdraws up to fourteen (14) days prior to the registration deadline.

- A prorated refund, less a \$10.50 administration fee, will be issued for medical reasons (with a doctor's note).

- The registration fee is non-refundable if withdrawn after the registration deadline.

- The Town reserves the right to cancel, combine or divide classes due to insufficient registration. Participants are given the opportunity to transfer to another class, if space is available.

- Instructors are subject to change without notice.

- The Town reserves the right to remove any person for behaviour such as bullying, fighting or foul language.

- Make-up classes are not provided due to unforeseen occurrences such as power failure, patron error, etc.

Visit <https://rec.whitecourt.ca> for up-to-date information on schedules.

PERKS OF BEING A MEMBER

- Over 15 complimentary fitness classes each week.
- Members eligible for early registration for courses and events.
- 15% OFF all Allan & Jean Millar Centre programs.
- Complimentary public skating & shinney hockey at JDA Place when available.
- FREE use of the fieldhouse, pool, track, squash court, Go Active Zone, and fitness areas.
- Option to have your annual membership put on HOLD for one month. (\$5.25 fee will be applied)
- Free orientation to the Pembina Fitness Centre.

FACILITY HOURS

Monday-Friday	5:30am-10:00pm
Saturday & Sunday	9:00am-9:00pm

HOLIDAY HOURS AND CLOSURES

December 24	Christmas Eve	9:00am-4:00pm
December 25	Christmas Day	Closed
December 26	Boxing Day	Closed
December 31	New Year's Eve	9:00am-4:00pm
January 1	New Year's Day	Closed
February 19	Family Day	9:00am-9:00pm
March 29	Good Friday	9:00am-9:00pm
March 31	Easter Sunday	9:00am-9:00pm

This facility has planned maintenance periods throughout the year. The shutdown period varies by amenity depending on the work to be done. Reduced schedules and activities may occur in some areas; other areas may be closed completely. This shut down period is built into the price of the membership fee and no refunds or extensions will be given. Please watch for facility signage. Must be 16 years of age to use the Pembina Fitness Centre or 13 years of age with Weight Training for Teens certification.

SPECIAL EVENT CLOSURES

November 3

3rd Fieldhouse	Closed All Day
Full Fieldhouse	Closed at 7:00pm
Track	Closed 8:00-10:00pm

January 25

Fieldhouse	Closed All Day
Facility	Closed at 3:00pm

REGISTRATION IS ONGOING. REGISTER EARLY TO AVOID DISAPPOINTMENT.

**Fee Assistance is available for Town of Whitecourt & Woodlands County residents in financial need.
Please contact Guest Services at 780-778-3637 ext. 0 or guestservices@whitecourt.ca**

OUR FACILITY IS WHEELCHAIR ACCESSIBLE.

ALLAN & JEAN MILLAR CENTRE



RECREATIONAL FEE ASSISTANCE PROGRAM

How do I apply?

- ✓ Complete an application form
- ✓ Applicant must live within Town of Whitecourt or Woodlands County limits
- ✓ Applicant will pay an affordable portion of the membership fee
- ✓ Applicant may apply for funding for a three-month membership per session (there are four sessions per year: Spring, Summer, Fall and Winter)
- ✓ Please return completed application form to the Allan & Jean Millar Centre
- ✓ Proof of income is required

Approved Applicants have access to:

- Complete Projects Fieldhouse
- Pembina Gas Infrastructure Aquatic Centre
- Rotary Running Track
- Alberta Newsprint and Company Squash Court
- McDonald's Whitecourt Go Active Zone
- Pembina Fitness Centre



Application forms are available for pickup at the Allan & Jean Millar Centre Guest Services desk.



GO ACTIVE ZONE

Children aged 3-7 cost \$2.10 each. Adults are free. Admission is included with membership or day pass!

Indoor Playground ideally suited for children under the age of 8. Children must be supervised.



CHILD MIND

Child Mind Services are available for children of facility guests that are 7 years of age or under. Drop-in spaces are on a first come, first served basis. If you register for a program at the Allan & Jean Millar Centre, and wish to ensure child care is available, please see Child Mind staff in advance to make arrangements or call 780-778-3637 ext. 406.

HOURS OF PLAY

Monday-Friday mornings: 8:45am-12:00 noon

Monday-Thursday evenings: 4:00-7:00pm

Saturdays: 10:00am-12:00pm

HOURS & PRICES ARE SUBJECT TO CHANGE

PUNCH PASSES

10 Hour Punch Pass \$46.13
(\$4.61 per hour)

30 Hour Punch Pass \$123.00
(\$4.10 per hour)

60 Hour Punch Pass \$230.63
(\$3.84 per hour)

DROP IN RATE

\$5.64
per hour/per child

CHILD MIND WILL BE CLOSED

December 23-26
January 1, 2024



Life Med Pharmacy
Kids' Corner

RECREATION PROGRAMS

CANADIAN RED CROSS

STAY SAFE

Real-world scenarios often call on children to respond to challenges. The Stay Safe program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve their own safety. Whether in their community or on their own, this group will be given tools to Stay Safe in a variety of different situations. Prerequisite: 9 years or completion of grade 3.

Sunday, February 25
10:00am-4:00pm
Registration deadline: February 18
Course ID#: 8851
Member: \$45.00 Retail: \$51.75

Visit <https://rec.whitecourt.ca> for up to date info on courses and schedules.



CANADIAN RED CROSS

Babysitting course

The Babysitting Course, refreshed and revised, now has a greater emphasis on First Aid skills. The Canadian Red Cross Babysitting Course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. This updated curriculum, complete with new science, also provides improved learning when it comes to giving the appropriate care in the event of an emergency.

Prerequisite: 11 years or completion of Grade 5

January 27 & 28
Saturday and Sunday
1:00-5:30pm
Registration deadline: January 20
Course ID#: 8958
Member: \$55.00 Retail: \$63.25

Visit <https://rec.whitecourt.ca> for up to date info on courses and schedules.



Homeschool STEAM Class

Join us for six weeks of fun homeschool STEAM programming! Each class will relate to the main STEAM principles: Science, Technology, Engineering, Arts, & Math. Sign up for all 6 weeks, or pick and choose the ones that interest you the most! Min. 6/Max. 12

WEDNESDAYS 2:00-3:00PM Ages 6-11
 January 17-February 28 (No class on January 31)

January 17
 Baking Soda & Vinegar Volcanoes Course ID#: 8966
 January 24
 Let's Build a Straw Roller Coaster..... Course ID#: 8967
 February 7
 Egg Drop Parachute Course ID#: 8968
 February 14
 Colour Theory Intro & Salad Spinner Art Course ID#: 8969
 February 21
 Toothpicks + Playdough Tower Course ID#: 8970
 February 28
 Balloon Powered Cars Course ID#: 8971

Members \$10.00/Class Retail \$11.50/Class
Full Session Members: \$49.98 Retail: \$57.48
Full Session Course ID#: 8956

Just DIY-It Christmas Edition

Participants will make three DIY projects, then gift-wrap them so they are ready to give!

Projects include sock gnome, Christmas cookie sugar scrub, and scrabble tile coaster set. **Min. 8/Max. 12**

Sunday, December 10

1:30-3:30 pm
Ages 8-12

Members: \$23.00 • Retail: \$26.50
Course ID#: 8963



<https://rec.whitecourt.ca>



RECREATION PROGRAMS



DODGEBALL SHOWDOWN

FRIDAY, FEBRUARY 2 7-10PM

TEAMS OF 6 | 18+

ROUND ROBIN TOURNAMENT | \$60 PER TEAM

Gather your friends, coworkers, or family together for an epic dodgeball tournament at the Allan & Jean Millar Centre! Enjoy a night of friendly competition, drinks, music, prizes and don't forget the 5 D's of dodgeball....

DODGE, DUCK, DIP, DIVE & DODGE

MUSIC!
CASH BAR!
IN THE FITSTUDIO
FOOD!
PRIZES!

Register your team captain at the Allan & Jean Millar Centre!

Course ID#: 8961



Tim Hortons.

COMMUNITY FUN NIGHT

SATURDAYS 5:30-8:30

Everyone is welcome to join in! Check out our fun and FREE activities in the Complete Projects Fieldhouse. Our inflatable obstacle course "The Tim Hortons Double Double" will be up and ready to go for all Tim Hortons Community Fun Nights!

CHILDREN UNDER 8 MUST BE ACCOMPANIED BY AN ADULT.

FREE

DECEMBER 16
Holiday Fun
Join us for holiday crafts and games to get in the festive mood!

JANUARY 13
Allan & Jean Millar Centre Luau
Aloha! Join us for some fun beach-inspired activities like beach ball volleyball & a limbo contest.

FEBRUARY 10
Valentine's Family Dance
Grab your friends and family and dance the night away! We will be running dance challenges and making friendship bracelets.

PD DAY CAMPS

AJ All Day!

Full Day Camp
Wednesday, January 31
 9:00am-4:00pm
 (drop off 8:45-9:15am, and pickup 3:45-4:15pm)
 Ages 6-11



Spend your PD Day with our program leaders, and hang out at the AJMC all day! Our time will be filled with fieldhouse fun, swimming, STEM challenges, snack-making, and crafts. Camp runs 9:00am-4:00pm.

Please pack a lunch and 2 snacks (all nut-free), indoor runners, labeled water bottle, and swimsuit/towel. A signed waiver is required. **Min. 10/Max. 20**

Members: \$40.00 Retail: \$46.00
Course ID#: 8960

Half Day Camps

Thursday, February 8 &
Friday, February 9
 1:00-4:00pm
 (drop off 12:45-1:15pm, pickup 3:45-4:15pm)
 Ages 6-11
Course ID#: 8965
Members: \$20.00 Retail: \$23.00



FEBRUARY 8 **An Afternoon at the Carnival**

Explore a variety of carnival games in our fieldhouse, then have a chance to design your own! We will be doing themed crafts and activities to make for a fun-filled afternoon.

Course ID#: 8964

FEBRUARY 9 **Fieldhouse Campout**

Join us for a fun afternoon of camping-inspired activities! We will be doing a scavenger hunt, tent-building competition, making indoor S'mores, & more!



Cross Country Ski

BORROWING

Thanks to a grant provided by Communities Choosewell, the Town of Whitecourt is excited to partner with the Whitecourt & District Public Library and the Whitecourt Golf & Country Club to bring free cross country ski rentals to Whitecourt!

Skis, boots and poles can be borrowed from the Library, and used on the maintained ski trails at the Whitecourt Golf Course.

Youth
and Adult
sizes
available!

LAUNCHING IN DECEMBER 2023

Stay tuned for more information
 on this program.



RECREATION PROGRAMS

PARTY WITH US!

Bring your family, friends or co-workers to the Allan & Jean Millar Centre to celebrate your next get-together. It could be a birthday or team party. Whatever the occasion, we will make it an easy and an enjoyable experience for all.

BASE RATE: \$104.21

The Base Rate includes a 2-hour space rental and All-Access passes on the day of your booking for up to 25 guests.

BUILD THE PARTY THAT BEST FITS YOU!

GREAT FOR CHRISTMAS PARTIES!

ADD-ONS:

FACILITATED PARTY \$67.74

Spend an hour with one of our great Party Leaders! Facilitated parties can accommodate up to 25 participants (parents and siblings included).

CONTACT US FOR AVAILABLE DATES!

Popular themes are:

- Crazy Science
- Amazing Art
- Nerf Mania

BOUNCY CASTLE AND SLIDE

\$130.26/hour

- Available on the following weekends: Dec 2/3, Jan 27/28, Feb 24/25

50' INFLATABLE OBSTACLE COURSE THE "TIM HORTONS DOUBLE DOUBLE"

\$130.26/hour

- Available on the following weekends: Dec 16/17, Jan 13/14, Feb 10/11

GIANT GAMES!

Add giant checkers, chess, Jenga, Snakes & Ladders, or Kerplunk to your party! \$20.84/game or 3 games for \$52.52

Additional space rental, set up time, and large group rates available.

Please contact Guest Services at the Allan & Jean Millar Centre to build your party or for more information.

Please note that specialty parties (Inflatable and Facilitated) require booking two weeks in advance of party date to ensure staffing.

Complete Projects Fieldhouse Programming

**NO EXPERIENCE
NECESSARY!**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-11:00am ALL AGES	Pickleball Skill Development	Pickleball			
3:45-5:00pm AGES 12-17	Youth Drop-In Badminton	Youth Drop-In Ball Hockey	Youth Drop-In Basketball	Youth Drop-In Volleyball	Youth Drop-In Multi-Sport
8:00-10:00pm AGES 18+	Adult Drop-In Badminton &/or Pickleball	Adult Drop-In Indoor Soccer	Adult Drop-In Basketball	Adult Drop-In Volleyball &/or Pickleball	Adult Drop-In Multi-Sport

*Please note that this schedule is subject to change due to programs and events.

Members: FREE Youth: \$3.00 Adult: \$4.48

Kids Night Out!

(and Parents Night Off!)



Sign up your kids for a fun night with our program leaders at the Allan & Jean Millar Centre, and take the evening off! Dinner and snacks provided! Min. 8/Max. 20

Friday, December 15
5:30-8:30pm

Ages 6-11

Members: \$27.00
Retail: \$31.05
Course ID#: 8962



MillarCentre allanjeanmillarcentre

Hang out with us after school
at the Allan & Jean Millar Centre!

WEDNESDAY-FRIDAY 3:30-5:30PM

Open to All Youth
Grades 6-12



FREE PROGRAM

Snacks Provided

FREE TRANSIT
to and from the program.

Grades 4 & 5 Program

FREE Doors Open Fun!

Join us the third Tuesday of each month from 3:30-5:30pm.

Bussing Registration:
December 19 ID#8977
January 16 ID#8978
February 20 ID#8979

Contact the Allan & Jean Millar Centre at 780-778-3637 for more information.



<https://rec.whitecourt.ca>



FCSS PROGRAMS

Christmas Tree Light Up

In support of the Whitecourt Food Bank

On Saturday, November 25, the tree in front of the Town Office will be lit in support of the Whitecourt Food Bank. The light up is scheduled for 6:45pm prior to the annual Santa Claus Parade. Look for more details on www.whitecourt.ca.

Help light up the tree by purchasing a bulb for \$20.00.

Payments can be made by mail, or in person at the Town Office. (Cash and cheque payments are accepted.)

For more information, please contact 780-778-2341.



RED BULBS
Food Bank
Donation Bulbs

GREEN BULBS
"In Memoriam" Bulbs

Tax receipts can be issued upon request for donations over \$20.00

In-School Mentoring



THE TOWN OF WHITECOURT IS COMMITTED TO GIVING BACK TO OUR COMMUNITY.

In partnership with Whitecourt In-School Mentoring Program, we encourage community members to volunteer as mentors and make a lasting difference in the lives of local kids.

TOGETHER, LET'S TRANSFORM THE LIFE OF A YOUNG PERSON THROUGH MENTORSHIP.

For more information contact Emma Harper at 780-706-0202 or emmaharper@whitecourt.ca.
www.whitecourt.ca

**Need More Fun?
Volunteers Needed!**

Become a mentor to a young person and enjoy acting like a kid again.
Training is provided!

new HOPE

FOR ADULTS

**Learning to Create
Positive Healthy
Personal Relationships
Free of Violence and
Abuse**

2-Day Course for Men & Women

Next Session: December 7 & 8

Topics covered are, but not limited to:

- Managing anger and other uncomfortable emotions
- Communicating effectively
- Recognizing abusive behaviour in relationships
- Making positive changes in relationships
- The effects of unhealthy relationships on children
- Strategies to reduce stress

**Offered 4x per year.
Call 780-778-6300**

Learn More



Proudly supported by:
 FAMILY VIOLENCE INITIATIVE
Family Community Agency

whitecourtfvi.ca

roots

**Where Foundations
Are Formed**

**Building Resiliency in
Children & Teens Who
Have Witnessed Family
Violence or Anger
Related Issues**

Programs for Ages 8-17

Program Goals

Help children learn confidence and resiliency, learn about healthy relationships, and develop strong communication skills.

Help children learn to develop a safety plan.

Help children identify their feelings and express them in a non-violent way.



**Pre-registration
is required.
Call 780-778-6300**

Learn More



Proudly supported by:
 FAMILY VIOLENCE INITIATIVE
Family Community Agency

whitecourtfvi.ca

FCSS PROGRAMS

New



SOCIAL PRESCRIBING: A Formal Referral Pathway

Connecting healthcare providers to community-based services for older adults

Whitecourt



Social prescribing is a holistic approach to healthcare that bridges the gap between medical and social care services. Through this approach, healthcare professionals refer patients to community-based programs to improve their health and enhance their quality of life. Social prescribing promotes health equity by addressing social needs that affect health and well-being, such as access to adequate housing, food, transportation, income and social support. This helps older adults with limited natural supports to thrive.

The Seniors Resource Lead (Link Worker) will receive social prescriptions (referrals) from the health system (doctor's offices, nurses, homecare, Primary Care Network, or hospital discharge). The Seniors Resource Lead will then work with seniors to address their needs related to the social determinants of health by connecting to the variety of programs and services that exist within the community. This program is intended to ensure that seniors can age in their chosen community for as long as possible without needing to transition to higher levels of care.

If you have questions, you can call the FCSS Program Coordinator at 780-778-3637 ext. 417 or email fayarcand@whitecourt.ca.

Estate Planning Basics

Monday, January 22
6:30-8:00pm

This information session will talk about the differences between a will, power of attorney, and personal directive and the requirements of the decision maker (Executor/Agent/Attorney) in each document. Participants will learn tax tips and traps and the different types of tax returns for someone who has passed away. This information session is free and requires registration.

**Allan & Jean Millar Centre,
Crown & Anchor Pub Boardroom
ID #: 9002**



Birdsell Grant LLP
Barristers and Solicitors

HB HENDRICKSON BLACK
Chartered Professional Accountants

Whitecourt





Whitecourt Meals on Wheels

Is a user pay program that delivers nutritious and affordable meals to those who have lost the ability to cook for themselves and have limited support available through family, friends or outside agencies.

Meals costs \$9.00 each and are sold in groups of 10 - total cost of \$90. Delivery is free. Meals can be delivered once or twice a week on Tuesdays and/or Thursdays during the lunch hour.

Pick up and fill out your application today!

Applications can be picked up at the Allan & Jean Millar Centre, Whitecourt Community Health, McLeod River Primary Care, or your Doctor's office.

Submit your application to Whitecourt Community Health
email: anis.boubaker@ahs.ca
office: 780-396-2635
cell: 403-477-8278

Or drop it off during office hours Mon-Fri
9am-12pm & 1pm-4pm
at 4707 - 50th Ave Whitecourt AB

FREE

Armchair Travels

Whitecourt



Join in the fun as we explore different parts of the globe. Armchair Travels provides the opportunity to learn about different countries, cultures, cities, and customs all from the comfort of our seats. Each month we will explore a different part of the world.

Call 780-778-3637 ext.0 to register.

January 10 ID:8999

QUEBEC

February 14 ID:9000

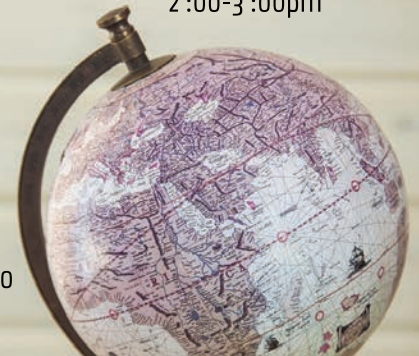
UNITED ARAB EMIRATES

March 13 ID:9001

MONGOLIA

Allan & Jean Millar Centre
in the Crown & Anchor
Meeting Room

2:00-3:00pm



COMMUNITY VOLUNTEER INCOME TAX PROGRAM

**Program begins
February 26, forms accepted
until April 22**

To find out if you are eligible for help, use the income levels shown in the table called "Maximum Income Levels". For each additional dependant you have, add \$2,500 to the family income. Interest income must be less than \$1000.

Volunteers can only complete returns for the current tax year and do not prepare complex returns, such as returns for individuals who:

- have self-employment income;
- have capital gains or losses;
- file for bankruptcy;
- have business or rental income and expenses;
- have employment expenses;
- deceased in the year.

Maximum Income Levels

Taxpayer Status:	Family Income:
Single person	up to \$30,000
Couple	up to \$40,000
One adult with one child	up to \$35,000

Bring all tax forms (T-4 slips, Social Insurance Number, yearly prescription print outs, etc.) to the Allan & Jean Millar Centre from 9:00am-12:00pm and 1:00-3:00pm Monday to Friday. A tax information questionnaire must be completed when handing in tax slips.

NEW!

DROP-IN TAX CLINIC

Whitecourt Seniors Circle

1:00-4:00pm
March 12 and 19

DROP-IN TAX CLINIC

at the Allan & Jean Millar Centre, 58 Sunset Blvd

Thursdays from 1:00-3:00pm
March 7, 14, 21, 28
April 4, 11

ARTS & CULTURE



Are you an artist that is willing to teach? Or, do you have a crafty skill you want to share? We are looking for people to run various art and craft workshops.



LOOKING FOR Artists & Crafters!



For more information, please reach out to Arts & Culture Coordinator, Andrew Malmquist at 780-778-3637 ext. 423 or by email at andrewmalmquist@whitecourt.ca







Watch for more

Keep an eye on <http://rec.whitecourt.ca> for more winter Arts & Culture Programs



A NIGHT AT THE NORTH POLE

SATURDAY, DECEMBER 2, 2023

Join us for an evening at the North Pole and experience the magic with Santa and all his friends!

Take a winter walk through the bright lights of Santa's village, sip a hot chocolate, run the elf Olympics, and listen to live Christmas carols. It's fun for the whole family!

**When: Saturday, December 2
from 4-8pm**

Where: Forest Interpretive Centre

FEATURING

Santa & Mrs. Claus
and friends
Singers - The Sugar Plums
PLUS Horse and
Wagon Rides

FREE
HOT
CHOCOLATE

Call the Allan & Jean Millar Centre at
780-778-3637 for more information.



Tim Hortons



<https://rec.whitecourt.ca>



FAMILY SUPPORT PROGRAMS



WHITECOURT & AREA Family Support PROGRAM (FSP)

DIVERSION SERVICES

Free, accredited, family centred, solution-focused counselling and family support for families with youth aged 7-18 years of age in Whitecourt and throughout the SPARK FRN including Swan Hills, Valleyview to Onoway and all the summer villages in between.

SUPPORTS INCLUDE

- Parenting skills
- Conflicts in family relationships
- Coping with separation/divorce/family changes
- Communication
- Anxiety/depression
- Grief and loss
- Aggressive behaviour
- Adolescent issues
- Self-esteem

Families can **self-refer** to the program or be **referred from a supporting agency**. Service can be arranged by contacting the Family Support Program Team Lead by phone: 780-778-8755, or email: michellerobinson@whitecourt.ca



@WhitecourtAreaFamilySupportProgram part of the SPARK FRN (Supporting Parents and Alberta's Rural Kids Family Resource Network)



Kids in Action

DROP IN

Bring your little ones to participate in a variety of high energy games and free play. This parented program is suited for children walking to 6 years of age.

Tuesdays 9:30-10:30am
December 5-19,
January 9-February 27

Story, Song AND Craft

DROP IN

Join us each week as we read a story, sing songs, and get crafty. This parented program is suited for children 0-6 years of age.

Wednesdays 10:00-10:45am
January 10-February 28

Lunch & Learn

REGISTER

Join us, once each season, for your mid-day meal, and to meet other parents, as we expand your understanding and confidence on various topics featuring local community presenters. Limited childcare for children ages 0-6 years of age. Lunch is provided.

Wednesdays 12:00-1:30pm

Topic: Recipe to Resilience
January 17

Course ID#: 8906 Childcare Course ID#: 8907

Tents & Tunnels

DROP IN

Come join us as we crawl through our tents and tunnels. Fun will be had by all! This parented program is suited for children walking to 6 years of age.

Thursdays 10:00-11:00 am
December 7-December 21

WATCH FOR UPDATES ON FACEBOOK



@WHITECOURTAREA
FAMILYSUPPORTPROGRAM



PHYSICAL HEALTH
& WELL-BEING



SOCIAL
COMPETENCE



EMOTIONAL
MATURITY



LANGUAGE
& THINKING



COMMUNICATION SKILLS &
GENERAL KNOWLEDGE



Creative Chaos

Children will enjoy a different messy activity every week while in the company of other children. This parented program is suited for children 2-6 years of age.

Thursdays
10:00 - 11:00am
January 11-February 29 (no class February 8)

DROP IN





FAMILY Frenzy

SATURDAYS
10:00-11:00AM

Come join us each month for games, activities, and socialization with families in our community. Registration is required.

REGISTER

Gingerbread Houses
December 9
Course ID#: 8837

Generation Pound
February 24
Course ID#: 8838







Triple P Services

A positive parenting program for parents of children 0-12 years of age looking to develop their skills and learn new strategies. Childcare available for children 0-6 years of age.

Wednesdays 1:30-3:00 pm

Mealtimes...Without the Fuss!
January 11
Course ID#: 8829 Childcare Course ID#: 8830

Developing Good Bedtime Routines
January 18
Course ID#: 8831 Childcare Course ID#: 8832

Dealing with Disobedience
January 25
Course ID#: 8833 Childcare Course ID#: 8834

Please contact Michelle Robinson at 780-778-8755 for more information.





The Building Blocks to Brighter Beginnings

Child Development and Wellbeing: Foundations of Caregiver Support

Discover the powerful connection between responsive caregiving and how it can increase the likelihood that a child will experience positive social relationships and enhanced emotional, intellectual and physical development. Join the Family Support Program as we explore the correlation between "nature and nurture" in the first of five seminars of the Foundations of Caregiver Support program.

Light refreshments will be provided. Public transit can be arranged as needed. Childcare available for children 0-6 years of age. For more information, please contact Michelle Robinson at 780-778-8755.

Saturday, January 27
10:00am-1:00pm

Register

 Course ID#: 8835 | Childcare Course ID#: 8836



FUN WITH FRIENDS

REGISTER

Come join us for a family-fun community adventure! Each adventure has a different theme related to community establishments, and promotes early childhood learning skills such as literacy, numeracy, community awareness and creative expression. This parented program is for children 3-6 years of age.

Limited childcare spots available for younger siblings.

FRIDAYS

Yoga..... December 1... 1:30-2:30pm..... Course ID#:8839

Gingerbread Fun..... December 8... 10:00-11:00am.... Course ID#:8840

Crafting with the Seniors.. December 15... 10:00-11:00am .. Course ID#:8841

Taekwondo..... January 12 10:00-11:00am .. Course ID#:8842

Eastlink Park-tubing..... January 19.... 1:30-2:30pm..... Course ID#:8843

Pirate Day..... January 26 10:00-11:00am ... Course ID#:8844




PEMBINA FITNESS CENTRE

COMPLIMENTARY FITNESS CLASSES FOR MEMBERS

* Available for all guests with a day pass.

CLASSES
SUBJECT TO
CANCELLATION
DUE TO LOW
ATTENDANCE

CLASSES RUN JANUARY 8-MARCH 22 • NO CLASSES FEBRUARY 19

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Early Bird H2O 6:15-7:00am		Early Bird H2O 6:15-7:00am	Body Blast 6:00-6:45am		
	Water Warriors 9:00-10:00am	Body Blast 9:15-10:00am	Water Warriors 9:00-10:00am	Body Blast 9:15-10:00am		Saturday Sweat 10:15-11:00am
	Free to Move 10:15-11:00am		Adaptive Fitness 10:00-10:45am			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		
AFTERNOON		Gentle Water Fitness 12:00-12:45pm		Gentle Water Fitness 12:00-12:45pm		
	Shred Express 12:15-12:45pm	Shred Express 12:15-12:45pm	Shred Express 12:15-12:45pm	Shred Express 12:15-12:45pm		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		
EVENING		Shred 45 5:15-6:00pm		Shred 45 5:15-6:00pm		
	Total Body Tabata 7:00-7:45pm		Yoga Core 7:00-7:45pm	Movement & Stretch 7:00-7:45pm		

WATER FITNESS

EARLY BIRD H2O

A class for those who want to start their day off right with a full-body workout! This is a fun aqua class that focuses on improving muscular strength and endurance by using a variety of equipment. We're usually in the shallow end or the lazy river (but we're not lazy!). No swimming skills required.

All Levels

Mondays, Wednesdays
6:15-7:00am

GENTLE WATER FITNESS

This aquatic exercise class is designed to meet the needs of people who have health conditions resulting in pain and dysfunction when participating in land based fitness activities. This class is a low impact 45-minute class that focuses on enhancing mobility, muscle strengthening, and increased range of motion. The class is ideal for orthopedic, arthritis, hypertension, and joint replacement conditions and for those who have weakness and/or physical limitations. Held in the Leisure Pool (warmer water). Beginner

Tuesdays, Thursdays
12:00-12:45pm

WATER WARRIORS

This aqua class is a full body workout focusing on functional fitness in a supportive environment. The joint friendly exercises help to improve cardio, muscular strength and endurance, and range of motion. Classes are conducted in both chest-deep and deep water (options will be given for both) and are suitable for all levels of fitness.

All Levels

Mondays, Wednesdays
9:00-10:00am



LAND FITNESS

ADAPTIVE FITNESS

This group class is tailored to individuals with disabilities and the workouts are designed to the needs of individuals. These workouts include cardio, strength training, core work, Pilates and stretching.

All Levels
Wednesdays
10:00-10:45am



BODY BLAST

Strengthen and tone every muscle group in this energizing class. Challenge yourself with interval cardio components as well as strength and endurance exercises.

All Levels

Tuesdays
9:15-10:00am



Thursdays

6:00-6:45am
9:15-10:00am



SATURDAY SWEAT

Kick your weekend off with total-body training. This fitness class covers it all-cardio, strength training and core work. This workout is guaranteed to raise your energy levels and keep your metabolism elevated throughout the weekend.

No classes on statutory holiday weekends.

All Levels

Saturdays
10:15-11:00am



SHRED EXPRESS

This class works your entire body with cardio, lower body, upper body and core exercises. This 30-minute experience is for those wanting a serious no-nonsense sweat.

All Levels

Mondays, Tuesdays, Wednesdays, Thursdays
12:15-12:45pm

SHRED 45

This class is a total body, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind after your work day!

All Levels

Tuesdays, Thursdays
5:15-6:00pm

TOTAL BODY TABATA™

Tabata + Group Fitness = Total Body Tabata! This workout is designed to torch fat, build muscle and get you fitter faster.

All Levels

Mondays
7:00-7:45pm

MIND-BODY

FREE TO MOVE

Using natural body movement, we will develop your strength, flexibility, and mobility; all without the use of any weights. When your body moves properly, you feel better. Improved mobility can not only lessen the risk of injury in everyday life but can also improve strength gains both in and out of the gym.

All Levels

Mondays
10:15-11:00am

MOVEMENT & STRETCH

Take time to relax and rejuvenate with some weekly self care. This class will focus on mobility and flexibility using gentle movements, stretching,

basic yoga poses and rolling techniques to increase range of motion and release tight muscles.

All Levels

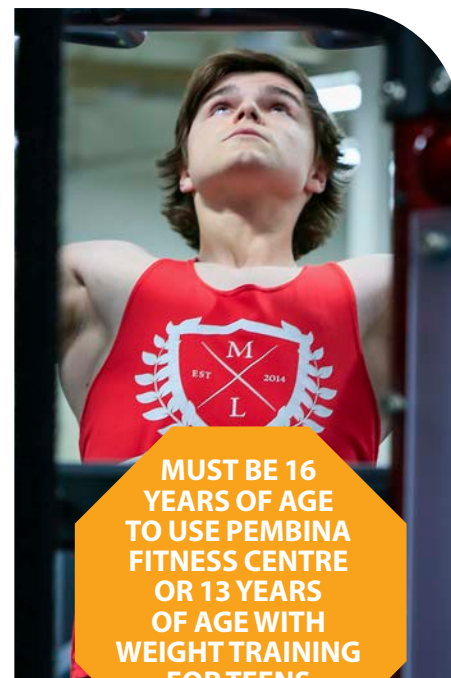
Thursdays
7:00-7:45pm

YOGA CORE

This class will focus on increasing your core strength as well as focusing on improving your flexibility, balance and strength.

All Levels

Wednesdays
7:00-7:45pm



**MUST BE 16
YEARS OF AGE
TO USE PEMBINA
FITNESS CENTRE
OR 13 YEARS
OF AGE WITH
WEIGHT TRAINING
FOR TEENS
CERTIFICATE**

**SCHEDULE
AND PROGRAMS
SUBJECT TO CHANGE.**
Stay up to date by
checking our website
<https://rec.whitecourt.ca>

FITNESS GUIDE

BLUE Aquatic Class
RED Land Class
ORANGE Cycle Class
PURPLE Mind-Body



**Child Mind available
during this class**

PEMBINA FITNESS CENTRE

REGISTERED FITNESS CLASSES

SESSION 1: JANUARY 8-FEBRUARY 16

SESSION 2: FEBRUARY 20-MARCH 22

**NO CLASSES
FEBRUARY 8, 9, 19**

**CLASSES
SUBJECT TO
CANCELLATION
DUE TO LOW
ATTENDANCE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
MORNING	Early Morning Bootcamp 6:00-6:50am	Cycle 45 6:00-6:45am	Early Morning Bootcamp 6:00-6:50am		Early Morning Yoga 6:00-6:50am		
				Weight Training for Teens 10:00am-4:00pm January 4 & February 8			
	Step by Step 9:15-9:45am		Cycle 45 9:15-10:00am		Cycle + Strength 9:15-10:15am		
		Stroller FIT 10:30-11:15am		Stroller FIT 10:30-11:15am			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
LUNCH					Cycle 30 12:15-12:45am		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
EVENING	Cycle Strong 5:30-6:20pm		Pure Strength 5:30-6:15pm				
				Cycle Strong 6:45-7:35pm			Cycle Strong 6:45-7:35pm
	Yoga 2.0 7:00-8:00pm (January 15)	Barre 7:00-7:45pm					



LAND FITNESS

BARRE

A full body workout packed with a good burn to the beat of the music! Focus on low-impact, high-intensity movements designed to strengthen your body in ways that few other workouts can. All levels

Instructor: Dominique Dickson

13+

Tuesdays 7:00-7:45pm

January 9 to February 13

Course ID#: 8920

Members: \$43.56

Retail: \$50.10

February 20 to March 19

Course ID#: 8930

Members: \$36.30

Retail: \$41.75

EARLY MORNING BOOTCAMP

Exercising early helps you be consistent, which means you'll tap into all those health benefits—including increased immunity, longevity, and a better mood. Raise your energy levels with this cardio and strength based fitness class. Keep your metabolism elevated and continue to burn calories after the workout is done.

Intermediate

Instructor: Annette Cartwright

13+

Mondays, Wednesdays

6:00-6:50am

January 8 to February 14

Course ID#: 8923

Members: \$87.12

Retail: \$100.20

February 21 to March 20

Course ID#: 8931

Members: \$65.34

Retail: \$75.15

PURE STRENGTH

Burn more calories while you're NOT working out! Pack on the muscle to burn more calories all day long! We'll use a variety of equipment (weights, bands, gliders, TRX, the barre) to tone and sculpt your body with this strength workout. Get strong!

All Levels

Instructor: Laureen Holloway

13+

Wednesdays 5:30-6:15pm

January 10 to February 7

Course ID#: 8982

Members: \$29.04

Retail: \$33.40

February 21 to March 20

Course ID#: 8983

Members: \$36.30

Retail: \$41.75

STEP BY STEP

Grab your leg warmers and have some fun stepping into this classic cardio workout that improves overall fitness by building strength, and boosts your cardiovascular health all to the beat of the music. All Levels

Instructor: Amanda Anderson

13+



Mondays 9:15-9:45am

January 8 to February 12

Course ID#: 8926

Members: \$38.40

Retail: \$44.40

February 26 to March 18

Course ID#: 8933

Members: \$25.60

Retail: \$29.60

STROLLER FIT

Have fun, get fit, and bond with your baby! Build strength, improve cardio, and get to know other moms and soon-to-be moms. All exercises are designed and modified specifically for pregnant and postnatal women. (Classes will be outdoors weather dependant) Stroller required.

All Levels

Instructor: Jolene Rarick

16+



Tuesdays, Thursdays 10:30-11:15am

**No class January 25*

January 9 to February 6

Course ID#: 8927

Members: \$58.08

Retail: \$66.80

February 20 to March 21

Course ID#: 8934

Members: \$72.60

Retail: \$83.50

FITNESS GUIDE

BLUE Aquatic Class

RED Land Class

ORANGE Cycle Class

PURPLE Mind-Body

TEAL Teen Fitness



Child Mind available during this class

PEMBINA FITNESS CENTRE



CYCLE

CYCLE 30

Welcome to this interval ride where we love throwing in anaerobic intervals and bursts of speed throughout the class. Although this class is designed to be both fun and challenging, riders of all levels are welcome to attend.

All Levels

Instructor: Amanda Anderson



Fridays 12:15-12:45pm
January 12 to February 16

**No Class February 9*

Course ID#: 8936

Members: \$32.00 **Retail:** \$37.00

February 23 to March 22

Course ID#: 8937

Members: \$32.00 **Retail:** \$37.00

CYCLE 45

Elevate your fitness and pedal through hill climbs, sprints, and other drills in this 45-minute spin class that will leave you energized and sweaty. Lights off, Sweat on!

All Levels

Instructor: Amanda Anderson



Tuesdays 6:00-6:45am
January 9 to February 13

Course ID#: 8922

Members: \$43.56 **Retail:** \$50.10

February 20 to March 19

Course ID#: 8938

Members: \$36.30 **Retail:** \$41.75



Instructor: Krista MacKay
Wednesdays 9:15-10:00am
January 10 to February 14

Course ID#: 8941

Members: \$43.56

Retail: \$50.10

February 21 to March 20

Course ID#: 8942

Members: \$36.30

Retail: \$41.75

CYCLE + STRENGTH

Cycle + Strength is an whole body class that mixes strength building and muscular endurance for an energizing, sweaty workout. We change up the arrangement, so you'll never get bored or plateau on your fitness journey!

All Levels

Instructor: Krista MacKay



Fridays 9:15-10:15am
January 12 to February 16

**No Class February 9*

Course ID#: 8921

Members: \$46.05 **Retail:** \$52.95

February 23 to March 22

Course ID#: 8935

Members: \$46.05

Retail: \$52.95

CYCLE STRONG

This total body, heart pumping non-stop to the beat workout has a little bit of something for everyone! Rolling hills, sprints, climbs and surges with a body changing arm workout on the bike all to music hand-picked to motivate and inspire

All Levels

Instructor: Meagan Stanley



Sundays 6:45-7:35pm
January 14 to February 4

Course ID#: 8945

Members: \$29.04

Retail: \$33.40

February 25 to March 17

Course ID#: 8946

Members: \$29.04

Retail: \$33.40

Instructor: Meagan Stanley

Mondays 5:30-6:20pm

January 8 to February 12

Course ID#: 8939

Members: \$43.56

Retail: \$50.10

February 26 to March 18

Course ID#: 8940

Members: \$29.04

Retail: \$33.40

Instructor: Dominique Dickson

Thursdays 6:45-7:35pm

**No Class January 25 or February 8*

January 11 to February 15

Course ID#: 8943

Members: \$29.04

Retail: \$33.40

February 22 to March 21

Course ID#: 8944

Members: \$36.30

Retail: \$41.75

FREE

Fitness Centre Orientation

Meet with one of our Fitness Centre staff and get a tour of the Pembina Fitness Centre including proper use of equipment, etiquette and safety information. Perfect for those who are new to fitness or those needing an extra bit of support.

To book your fitness orientation, contact our Pembina Fitness Centre desk at 780-778-3637 Ext 425.



MIND-BODY

EARLY MORNING YOGA

Come out to start your day with this "all levels" yoga class. This vinyasa style class will gently wake up your body, mind and spirit and prepare for the day ahead. Min.8/Max.12
All Levels

Instructor: Annette Cartwright

13+

Fridays 6:00-6:50am

January 12 to February 2

Course ID#: 8924

Members: \$36.84

Retail: \$42.36

February 23 to March 22

Course ID#: 8947

Members: \$46.05

Retail: \$52.95

YOGA 2.0

This intermediate yoga class is designed for people who have a basic understanding of yoga poses and have some yoga experience. You should be comfortable flowing through poses and connecting your breath to your movement. In this class, you'll start to work on some more challenging poses. You'll also learn how to be more in tune with your own body and what it's capable of. Come give it a try!

Instructor: Annette Cartwright

13+

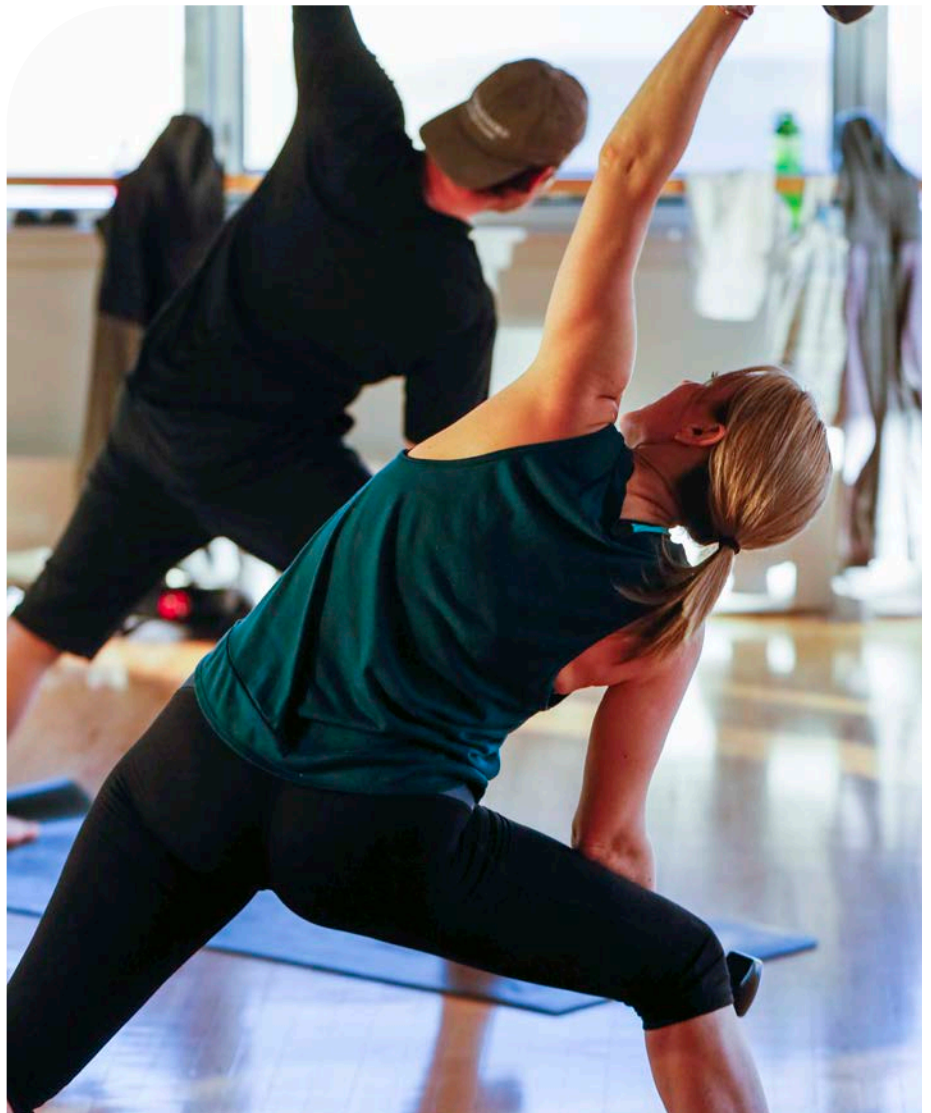
Monday January 15

7:00-8:00pm

Course ID#: 8984

Members: \$12.55

Retail: \$14.43



PEMBINA FITNESS CENTRE



TEEN FITNESS

WEIGHT TRAINING FOR TEENS

All youth aged 13-15 years are required to take this standard course to use the Pembina Fitness Centre weighted equipment. Youth participate in a 5.5 hour in-class and practical session learning about weight training, specific exercises/techniques, gym etiquette and introduction to nutrition.

Instructor: Ryan Vidar

Ages: 13-15yrs

10:00am-4:00pm
Thursday January 4
Course ID#: 8928

Thursday February 8
Course ID#: 8949
Members: \$55.00

Retail: \$63.25

YOUTH STARTER PACK

Elevate Your Performance

Do you want to train like an athlete - with commitment, enthusiasm, and ability to focus? The Youth Starter Pack is for youth aged 13-17 and is all about ensuring your body is in peak condition so you can perform to your full potential. Do you want to be more efficient, mobile, stronger, and able to produce more power? Youth will receive a personalized 4-week exercise program and personalized nutrition plan following a 2-hour session that includes goal-setting, an assessment, program design and equipment orientation with a Personal Trainer, and concludes with a 30-minute reassessment on Day 30. Please call the Allan & Jean Millar Centre to schedule your appointment.

Weight Training for TEENS is a prerequisite for 13-15 year olds

Members: \$120.00
Non-Members: \$138.00

ADULT STARTER PACK

Get fit. Get in gear. Get on with life.

Whether you are brand new to fitness or looking to get back into a fitness routine, the Get in Gear - Adult Starter Pack is a great place to begin! This option is ideal for those individuals who want a tailored program for getting active and customized nutrition program to help you develop new healthy habits. You will receive a personalized 4-week exercise program and personalized nutrition plan following a 2-hour session that includes goal-setting, an assessment, program design and equipment orientation with a Personal Trainer, and concludes with a 30-minute reassessment on Day 30. Why wait? Let's get started! Please call the Allan & Jean Millar Centre to schedule your appointment.

Members: \$140.00
Non-Members: \$161.00



PERSONAL & PARTNER TRAINING

WHAT'S INCLUDED?

Customized Program
Private Personal Training
Body Scan (BIA)
Personalized Nutrition
Video Tutorials
In-App Messaging
Support
Full Access to Fitness App

LOVE THE APP?

Continue monitoring your progress for just \$10 per month!

BOOK YOUR FREE CONSULTATION NOW!



Please scan the QR code. We'll get back to you right away.

MEET THE TRAINERS



RYAN

Hi, I'm Ryan.

I believe that everyone is unique. That means everyone's abilities, interests and needs are different when it comes to exercise, nutrition, and lifestyle. Whatever your goals are, I will be there.

I would love the opportunity to meet you where you're at.

Credentials:

ACE Certified Personal Trainer PN Level 1 Nutrition

Certified Coach Shallow & Deep Water Instructor

Volunteer Firefighter

Education:

Personal Fitness Trainer
BS in Nursing



SHANNON

Hi, I'm Shannon.

I believe that fitness is for everybody and every body! I'm here to support your health and wellness journey. Let's ignite your inner strength and get you moving!

Credentials:

ACE Certified Personal Trainer

ACE Group Fitness Instructor

Adaptive Fitness Master Trainer

Education:

Human Resources and Labour Relations Certification



NICOLE

Hi, I'm Nicole.

I'm absolutely thrilled to meet all of you and to get the chance to collaborate. I'm eager to showcase my teaching methods by creating a detailed plan and putting into action a comprehensive corrective strategy.

Credentials:

NAIT Personal Fitness Trainer Diploma
Lifeguard Instructor IV

GET FIT TOGETHER

WE HAVE A PERSONAL TRAINING REFERRAL PROGRAM!

Refer a Friend, Reap the Rewards! Watch for more details.





Please call the Allan & Jean Millar Centre at 780-778-3637 for pricing information and scheduling.



HOLIDAY HOOPLA

 December 18-21

Celebrate with a week of holiday inspired fitness classes. Check out the Allan & Jean Millar Centre Facebook and Instagram for daily class themes. Complimentary water classes will remain at scheduled times for this special holiday hoopla week.

Daily Hoopla Classes

-  6:00-6:45am
-  9:15-10:00am
-  12:15-12:45pm
-  5:30-6:15pm



Class admission with a food bank donation.

JANUARY CHALLENGE

Ready to conquer 2024? Start the year with a BANG and transform yourself like never before in our exciting New Year Fitness Challenge!

This challenge is not just about your body - it's about transforming into the BEST version of YOURSELF and SUCCEEDING in every aspect of life!

Don't let 2024 slip by- it's **YOUR** year to shine! Stay tuned for more details!



SATURDAY JUNE 1

REGISTER EARLY AND SAVE!

Events take place in town and on the trails so run alongside your friends.

Start & finish from the Allan & Jean Millar Centre.

Registration opens January 1. Register before April 30 and get \$5 off plus a guaranteed t-shirt!

21.1KM	10KM	5KM	KIDS
\$75	\$50	\$40	\$20
8:00am Start	8:30am Start	8:45am Start	10:30am Start



Run4FunWhitecourt

Register online at www.whitecourt.ca.
Registration is processed by the Running Room.

PEMBINA GAS INFRASTRUCTURE AQUATIC CENTRE

PEMBINA GAS INFRASTRUCTURE AQUATIC CENTRE INFORMATION



*Supervision Requirements

Children 7 years and younger must be within arms reach of a responsible supervisor who is 14 years or older. The maximum ratio of caregiver to children 7 years and younger is 1:4. This supervision policy is in place to ensure that children are safe while enjoying the Pembina Gas Infrastructure Aquatic Centre.

Swim Diaper Requirements

All children 36 months and under, and anyone who is incontinent, must wear protective, water-resistant swimwear in order to minimize contamination. Swim diapers are specially designed to not soak up water, and will not expand in the water. Guest Services has swim diapers available for purchase.

Shoes and Strollers

Outdoor footwear and strollers are not permitted on deck or in the change rooms. If you wish to lock up your footwear, please carry them to the locker. Health regulations stipulate that outdoor footwear must not be worn in wet traffic areas. Shoes may be left on the racks outside the pool change rooms.

Accessibility

A water wheelchair is available for guests to use. The water wheelchair can be taken into the pools.

Health Requirements for Showers

As per health requirements, each person must take a cleansing shower prior to entering the pool. This means washing all hair products out, as well as removing all lotions and make-up from skin.

Program Waiting Lists

Wait lists are taken for all aquatic programs. If there is sufficient demand for a program, courses can be added if space and instructors are available.

Cancellations

Programs with low registration may be cancelled or combined. Register early to avoid disappointment. Cancellations can happen one week before the lessons begin. For cancellation policies please refer to Page 11.

Screenings

Unsure of what level to register your child in? We offer swim evaluations for \$13.00. Only 5-15 minutes are required for an instructor to determine what level your child should enroll in. Screenings take place on Tuesdays from 6:00-7:00pm. Register at Guest Services.

Registration Rules

Registrations are NOT accepted without payment. The registration deadline for all programs is seven days prior to the start date, unless otherwise advertised. A refund, less a \$10.00 administration fee, will be issued if a participant withdraws up to fourteen (14) days prior to the registration deadline. The registration fee is non-refundable if withdrawn after the registration deadline.

Pool Fouling

Pool closure may be necessary in the event of pool fouling. Please make sure your children use the washroom before entering the water. Feeding after their swim or a few hours before is often helpful. Any person with diarrhea, or a history of diarrhea over the previous two weeks, must not use the pool facility, as per health requirements. Pools may be closed anywhere between 1-36 hours for necessary disinfecting following fouling.

Hot Tub

Time in the hot tub is limited to 10-15 minutes. Body temperature of children under 2 years old rises very quickly, and should be closely monitored to avoid negative cardiovascular effects. Pregnant women, and persons with heart disease, hypertension, seizures, diabetes, obesity, or those greater than 65 years of age, should consult with a physician before using the hot tub.

Locks and Lockers

Please do not leave valuables in the change rooms. The Pembina Gas Infrastructure Aquatic Centre offers one time use, loonie operated lockers in each of the change rooms. You may also bring your own lock for your belongings. The Town of Whitecourt is not responsible for lost or stolen articles. Please remember to remove your lock at the end of your swim. Locks left overnight will be cut off.

AQUATIC CENTRE HOURS

Monday, Wednesday	6:00am-9:30pm
Tuesday, Thursday, Friday	9:00am-9:30pm
Saturday, Sunday and Stat Holidays	10:00am-8:00pm

HOLIDAY HOURS AND CLOSURES

November 11	Remembrance Day	10:00am-8:00pm
December 24	Christmas Eve	10:00am-4:00pm
December 25	Christmas	Closed
December 26	Boxing Day	Closed
December 31	New Year's Eve	10:00am-4:00pm
January 1	New Year's Day	Closed
February 19	Family Day	10:00am-8:00pm

FREE FAMILY SWIM 6:00-8:00pm

December 3, 17, January 7, 21, February 4, 18
Sponsored by the Rotary Club of Whitecourt

December 10, January 14, February 11
Sponsored by Pembina Gas Infrastructure



WIGGLE BRIDGE *subject to change

Fridays 5:00-9:00pm
Saturdays 4:00-7:30pm

SPECIAL PUBLIC SWIMS 1:30-3:30pm

November 9, 10, 13, December 27-29,
January 2-5, February 8 & 9

Swimming Times

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Swim	6:00-9:00am		6:00-9:00am				
*Family	9:00am-3:30pm	9:00am-3:30pm	9:00am-3:30pm	9:00am-3:30pm	9:00am-3:30pm	10:00am-1:00pm	10:00am-1:00pm 6:00-8:00pm
Public	3:30-8:30pm	3:30-8:30pm	3:30-8:30pm	3:30-8:30pm	3:30-8:30pm	1:00-8:00pm	1:00-6:00pm
*Adult	8:30-9:30pm	8:30-9:30pm	8:30-9:30pm	8:30-9:30pm	8:30-9:30pm		
Lanes available	6:00-9:00am (6) 10:00am-12:00pm (1) 12:00-1:00pm (3) 1:00-8:30pm (1) 8:30-9:30pm (3)	9:00am-12:00pm (1) 12:00-1:00pm (3) 1:00-8:30pm (1) 8:30-9:30pm (3)	6:00-9:00am (6) 10:00am-12:00pm (1) 12:00-1:00pm (3) 1:00-8:30pm (1) 8:30-9:30pm (3)	9:00am-12:00pm (1) 12:00-1:00pm (3) 1:00-8:30pm (1) 8:30-9:30pm (3)	9:00am-12:00pm (1) 12:00-1:00pm (3) 1:00-8:30pm (1) 8:30-9:30pm (3)	10:00am-8:00pm (1)	10:00am-8:00pm (1)

***Family Swim:** Children must be accompanied by an adult 18 years or older in the water to attend Family Swim. Individual adults are welcome to attend Family Swim provided they do not interfere with young families or facility bookings.

***Fitness Swim** is for individuals 8 years and over who are actively engaged in swimming laps and/or walking in the water.

***Adult Swim:** Must be 18 years or older to attend. Lanes are available during Adult Swim.

***All Areas of the Pembina Gas Infrastructure Aquatic Centre may not be available during swim times.**

SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE.

Lifesaving Society's Swim for Life



PARENT & TOT 1,2,3 | 4-36 MONTHS

Parent & Tot classes provide an opportunity for parents and children to enjoy in-water interaction in a fun and social setting. Focusing on the importance of play and developing water positive attitudes and skills, children gain valuable exposure to being in and around the water. Parents will learn to be Water Smart to keep themselves and their child safe in any aquatic setting. Activities and progressions in Parent & Tot are based on developmental stages.

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Mon & Wed	January 8 to February 7	10:50-11:20am	\$50.85	\$57.87	8845
Tues & Thurs	January 9 to February 6	5:45-6:15pm	\$50.85	\$57.87	8858
Mon & Wed	February 12 to March 13	10:50-11:20am	\$50.85	\$57.87	8859
Tues & Thurs	February 13 to March 14	4:05-4:35pm	\$56.50	\$64.30	8860

PRESCHOOL 1 | 3-5 YEARS

Preschoolers will be assisted by their instructor when learning to enter and exit water safely, jump into chest deep water, and put their faces in the water to blow bubbles. Becoming comfortable with floats and glides and moving safely in shallow water while wearing lifejackets will help them gain confidence with their water skills. **Prerequisite: 3 years**

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Sunday	January 7 to March 10	11:45am-12:15pm	\$50.85	\$57.87	8846
Mon & Wed	January 8 to February 7	10:15-10:45am	\$50.85	\$57.87	8861
Mon & Wed	January 8 to February 7	4:55-5:25pm	\$50.85	\$57.87	8862
Tues & Thurs	January 9 to February 6	6:20-6:50pm	\$50.85	\$57.87	8863
Mon & Wed	February 12 to March 13	10:15-10:45am	\$50.85	\$57.87	8864
Mon & Wed	February 12 to March 13	4:55-5:25pm	\$50.85	\$57.87	8865
Tues & Thurs	February 13 to March 14	4:55-5:25pm	\$56.50	\$64.30	8866

PRESCHOOL 2

Preschoolers will work on becoming more independent with their water skills. Some of these skills include jumping into chest deep water unassisted, submerging and exhaling underwater, and floating and gliding with various buoyant aids. They will be introduced to lateral rollovers and practice their flutter kick on their backs. **Prerequisite: Preschool 1**

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Sunday	January 7 to March 10	10:20-10:50am	\$50.85	\$57.87	8847
Mon & Wed	January 8 to February 7	9:40-10:10am	\$50.85	\$57.87	8867
Mon & Wed	January 8 to February 7	4:05-4:35pm	\$50.85	\$57.87	8868
Tues & Thurs	January 9 to February 6	4:55-5:25pm	\$50.85	\$57.87	8869
Mon & Wed	February 12 to March 13	9:40-10:10am	\$50.85	\$57.87	8870
Mon & Wed	February 12 to March 13	6:20-6:50pm	\$50.85	\$57.87	8871
Tues & Thurs	February 13 to March 14	5:45-6:15pm	\$56.50	\$64.30	8872



**NO SWIM
LESSONS
JANUARY 31
& FEBRUARY
18 & 19**

PRESCHOOL 3

Preschoolers will kick and glide their way through the water on their fronts and backs. They will work on retrieving objects from the bottom in water that is waist deep, and work towards mastering their floats, rollovers, glides, and kicks. In this level they work their way into deeper water for side entries and jumping in with their lifejackets on. **Prerequisite: Preschool 2**

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Sunday	January 7 to March 10	10:05-10:35am	\$50.85	\$57.87	8848
Mon & Wed	January 8 to February 7	9:05-9:35am	\$50.85	\$57.87	8873
Mon & Wed	January 8 to February 7	5:45-6:15pm	\$50.85	\$57.87	8874
Tues & Thurs	January 9 to February 6	4:05-4:35pm	\$50.85	\$57.87	8875
Mon & Wed	February 12 to March 13	9:05-9:35am	\$50.85	\$57.87	8876
Mon & Wed	February 12 to March 13	5:45-6:15pm	\$50.85	\$57.87	8877
Tues & Thurs	February 13 to March 14	6:20-6:50pm	\$56.50	\$64.30	8878

PRESCHOOL 4 / PRESCHOOL 5

In Preschool 4, swimmers will gain some independence in deep water. They will practice jumping into deeper water (including getting out by themselves), sideways entries, and opening their eyes underwater. These swimmers in training will work on completing 5m of front crawl in their lifejackets and work on their ability to tread water.

Prerequisite: Preschool 3

In Preschool 5, swimmers will work towards achieving important swimming milestones. They will work on being able to support themselves treading in deep water for 10 seconds and complete 5 metre swims with front crawl and back crawl. Wearing a lifejacket, they will practice forward roll entries into deep water, learn to whip kick in a vertical position, and be introduced to interval training.

Prerequisite: Preschool 4

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Mon & Wed	January 8 to February 7	6:20-6:50pm	\$50.85	\$57.87	8849
Mon & Wed	February 12 to March 13	4:05-4:35pm	\$50.85	\$57.87	8879
Tues & Thurs	February 13 to March 14	4:40-5:10pm	\$56.50	\$64.30	8880

Lifesaving Society's Swim for Life

SWIMMER | 5-12 YEARS

**NO SWIM
LESSONS
JANUARY 31
& FEBRUARY
18 & 19**



Swimmer is a 6-level, success-oriented learn to swim program for children 5-12 years old. There is a prominent focus on in-water swimming practice as swimmers learn fundamental strokes and skills, mastering them as they progress through the program. Swimmers also learn how to be safe in, on, and around the water through Water Smart education incorporated into every level.

SWIMMER 1

Building the foundation of swimming skill development, beginner swimmers will gain confidence in the water as they learn safe entries into various depths of water, treading water in a lifejacket, opening their eyes underwater, and breath control. Once they have learned their floats, rollovers, glides, and kicks from front to back, they will front crawl their way into the next level.

Prerequisite: 5 years

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Sunday	January 7 to March 10	10:40-11:25am	\$50.85	\$57.87	8853
Mon & Wed	January 8 to February 7	5:30-6:15pm	\$50.85	\$57.87	8881
Tues & Thurs	January 9 to February 6	4:40-5:25pm	\$50.85	\$57.87	8882
Tues & Thurs	January 9 to February 6	6:20-7:05pm	\$50.85	\$57.87	8883
Mon & Wed	February 12 to March 13	4:40-5:25pm	\$50.85	\$57.87	8884
Tues & Thurs	February 13 to March 14	4:05-4:50pm	\$56.50	\$64.30	8885

SWIMMER 2

Swimmers will gain comfort in deeper water by jumping in, learning their sideways entry, and treading water without a lifejacket. Swimmers will be challenged by the introduction of various skills including flutter kick on their front, back, and side; vertical whip kick with an aid; and swimming front crawl and back crawl for 10 metres. Swimmers will get to work on their Swim to Survive skills and be introduced to interval training.

Prerequisite: Swimmer 1

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Sunday	January 7 to March 10	12:20-1:05pm	\$50.85	\$57.87	8854
Mon & Wed	January 8 to February 7	4:05-4:50pm	\$50.85	\$57.87	8886
Mon & Wed	January 8 to February 7	5:30-6:15pm	\$50.85	\$57.87	8887
Tues & Thurs	January 9 to February 6	5:30-6:15pm	\$50.85	\$57.87	8888
Mon & Wed	February 12 to March 13	4:55-5:40pm	\$50.85	\$57.87	8889
Mon & Wed	February 12 to March 13	5:30-6:15pm	\$50.85	\$57.87	8890
Tues & Thurs	February 13 to March 14	4:05-4:50pm	\$56.50	\$64.30	8891

Lifesaving Society's Swim for Life

SWIMMER 3

Swimmers will make a splash with their kneeling dives and forward roll entries. Swimmers will be challenged with the introduction to more difficult (but fun) skills such as handstands in shallow water and front somersaults (in water). Increased time and distance components are incorporated for skills learned such as flutter kick on front and back, whip kick on back, front and back crawl, and interval training.

Prerequisite: Swimmer 2

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Sunday	January 7 to March 10	12:20-1:05pm	\$50.85	\$57.87	8855
Mon & Wed	January 8 to February 7	4:55-5:40pm	\$50.85	\$57.87	8892
Tues & Thurs	January 9 to February 6	4:05-4:50pm	\$50.85	\$57.87	8893
Mon & Wed	February 12 to March 13	4:05-4:50pm	\$50.85	\$57.87	8894
Tues & Thurs	February 13 to March 14	5:30-6:15pm	\$56.50	\$64.30	8895

SWIMMER 4

Swimmers will move from a beginner to an intermediate swimming level. Swimmers will complete standing dives, tread water for 1 minute, and work towards being able to swim underwater for 5 metres. Swimmers will achieve the Swim to Survive standard by being able to roll into deep water, tread water for 1 minute, and swim 50 metres. In addition to improving their front crawl, back crawl, and whip kick, swimmers will be introduced to breaststroke.

Prerequisite: Swimmer 3

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Sunday	January 7 to March 10	11:30-12:15pm	\$50.85	\$57.87	8856
Mon & Wed	January 8 to February 7	4:40-5:25pm	\$50.85	\$57.87	8896
Tues & Thurs	January 9 to February 6	5:30-6:15pm	\$50.85	\$57.87	8897
Mon & Wed	February 12 to March 13	4:05-4:50pm	\$50.85	\$57.87	8898
Tues & Thurs	February 13 to March 14	5:15-6:00pm	\$56.50	\$64.30	8899

SWIMMER 5

Swimmers will be challenged with a whole new set of skills; shallow dives, tuck jumps (cannonball entries), eggbeater kick, and backward somersaults (in water). Technique and endurance will also receive greater focus as swimmers will need to complete longer distance swims and interval training sessions for all their strokes.

Prerequisite: Swimmer 4

SWIMMER 6

As the final level in the Swimmer program, swimmers will build up their advanced skill set. Swimmers will work towards mastering stride entries, compact jumps, and lifesaving kicks. They will also refine their strokes to increase their swimming strength, power, and endurance - critical for success in the 300 metre workout required to complete the level.

Prerequisite: Swimmer 5

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Sunday	January 7 to March 10	10:55-11:40am	\$50.85	\$57.87	8857
Mon & Wed	January 8 to February 7	4:05-4:50pm	\$50.85	\$57.87	8900
Tues & Thurs	January 9 to February 6	4:05-4:50pm	\$50.85	\$57.87	8901
Tues & Thurs	January 9 to February 6	4:55-5:40pm	\$50.85	\$57.87	8902
Mon & Wed	February 12 to March 13	5:30-6:15pm	\$50.85	\$57.87	8903
Tues & Thurs	February 13 to March 14	4:55-5:40pm	\$56.50	\$64.30	8904

*Combined courses of Swimmer 5 and 6

CANADIAN SWIM PATROL

The Lifesaving Society's 3 level Canadian Swim Patrol program is for swimmers who are ready to go beyond learn-to-swim. The program will focus on developing strength and proficiency while introducing swimmers to the challenging world of lifesaving. Swimmers will have fun enhancing their capability in the water, increasing their physical conditioning, and learning lifesaving judgment. Each level will continue to develop swimmers' strokes and provide a skill foundation that will prepare them for success in the Society's Bronze Medal Awards. Each level of the Canadian Swim Patrol program has three modules: Water Proficiency, First Aid, and Recognition and Rescue.

Prerequisite: Swimmer 6

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Mon & Wed	January 8 to February 7	6:20-7:05pm	\$50.85	\$57.87	8850
Tues & Thurs	February 13 to March 14	6:20-7:05pm	\$56.50	\$64.30	8905

PEMBINA GAS INFRASTRUCTURE AQUATIC CENTRE

FREE PRE-REGISTRATION REQUIRED

SWIM TO SURVIVE: ADULTS LIFESAVING SOCIETY

Swim to Survive is a program that is accessible to everyone.

"Swim to Survive teaches the essentials to survive an unexpected fall into deep water – an important first step to being safe around water. Participation and having fun are the fundamental pillars in the program."

- Lifesaving Society

The goal of this program is to acquaint non-swimmers with the basics to enable them to save themselves if they are in a life threatening situation in water. The skills that will be covered are orienting oneself at the surface after an unexpected entry, supporting oneself at the surface, and swimming to safety. Participants will have the opportunity to move through the steps at their own comfort level. Min.3/Max.10

Tuesdays

January 9-30

Registration deadline:

January 2

YOUTH 13-17 years

8:00-8:30pm

Course ID#: 8959

ADULT 18+

8:30-9:00pm

Course ID#: 8852

VISIT
<https://rec.whitecourt.ca>
for up to date info
on courses and
schedules.

Whitecourt

Supported through the Town of Whitecourt's Safe Community Initiative fund

FORGOT WHAT LEVEL YOUR CHILD IS IN?

AQUATIC SCREENING

Not sure what level you need? Take a screening! A screening is where an instructor will go in the water with your child for 15 minutes and determine what level they should be placed in. Must be 3 years of age and older.

Tuesdays 6:00-7:00pm Fee: \$13.00 Payment is required at the time of booking.

LIFESAVING SOCIETY BRONZE CROSS

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as an assistant lifeguard. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies.

Prerequisites: Bronze Medallion and Standard First Aid
Members: \$140.00 **Retail:** \$161.00

February 8 to 11

Registration deadline: February 1

Thursday to Sunday
 9:00am-3:00pm

Course ID#: 8957



PRIVATE LESSONS

Private Lessons will be offered throughout the year

Private Lesson:

\$24.00 per person

Semi Private Lesson:

\$34.50

(Two people sharing one instructor)

Semi Private Lesson:

\$57.75

(Three people sharing one instructor)

**CONTACT GUEST SERVICES
 TO FIND OUT TIMES
 AND DATES THAT ARE
 AVAILABLE.**



IN THE COMMUNITY

STUDENT & YOUTH LOAN PROGRAM



**ARE YOU 14-34 YEARS OLD?
HAVE A BUSINESS IDEA?**

WE CAN HELP THROUGH COACHING, TRAINING, & LENDING
For more information contact 780-706-3500



Need a quiet place to work from that is fully equipped with desks, printers, copier, laptops, and photo/recording equipment?

Book your FREE desk space today! ✨

Call us for more information
780-706-3500



The Collective Space ✨

**DIGITAL
MAIN ST.**

**Digital
Economy
Program**

By Business Link & Digital Main Street



BUSINESSLINK

Funded by:



Digital Service Squad

The **Digital Service Squad** provides support to **local small businesses** by offering **free** assistance to help grow an **online presence** and by teaching how to use **Digital Tools**!

Streamline Business Processes with Digital Tools:

- **Digital Advertising**
- **Website Development + SEO**
- **Best Social Media Practices**
- **Google Business Profile + 360 Photos**

Call 780-706-3500 for More Information



**SLAM
THE SCAM**

\$0

STOP

Has someone asked you to purchase gift cards (iTunes, Amazon, Google Play, etc.) for them?
This could be gift card fraud.

Be aware that there are common frauds involving gift cards that happen every day in Canada.

If someone close to you has e-mailed, texted, or otherwise asked you to purchase these cards for them, do not purchase them until you've had a face to face conversation or verified their identity and reasons for purchasing them.

If something seems wrong, please call the Whitecourt RCMP at 780-779-5900 and ask about gift card fraud.

STOP! COULD THIS BE A SCAM? STOP! COULD THIS BE A SCAM? STOP! COULD THIS BE A SCAM? STOP! COULD THIS BE A SCAM?



Whitecourt
www.whitecourt.ca
f TownofWhitecourt

EAGLE TOWER VICTIM SERVICES



VOLUNTEER ADVOCATES NEEDED

Interested in becoming a volunteer advocate for a local non-profit?

Eagle Tower Victim Services is seeking volunteer advocates to assist victims of crime, trauma and tragedy.

Some roles would include providing court support, attending crisis call outs, and providing community resource referrals.

Must be willing to obtain security clearance.

Applications are available on the website.
etvictimservices.com

Applications can be submitted by email to
christina.prodaniuk@rcmp-grc.gc.ca

For more information, call 780-779-5924.

IN THE COMMUNITY

SHELTER

WELLSPRING PROVIDES SAFE, SHORT-TERM ACCOMMODATION TO WOMEN WITH OR WITHOUT CHILDREN WHO ARE FLEEING VIOLENCE.

CHILD SUPPORT PROGRAM

AGE-APPROPRIATE PROGRAMMING IS AVAILABLE FOR CHILDREN WHO HAVE EXPERIENCED FAMILY VIOLENCE.

ADULT & YOUTH OUTREACH

ONGOING SUPPORT AND ADVOCACY FOR MEN, WOMEN, AND YOUTH AFFECTED BY FAMILY VIOLENCE.

PUBLIC EDUCATION

PROVIDES WORKSHOPS, INFORMATION, AND AWARENESS TO SCHOOLS, ORGANIZATIONS, AND BUSINESSES.



(780) 778-6209
 1 (800) 467-4049
 (780) 779-1059



WELLSPRING FAMILY
 RESOURCE & CRISIS
 CENTRE



WHITECOURT_SHELTER

WHITECOURTSHELTER.CA



(780) 706-3181

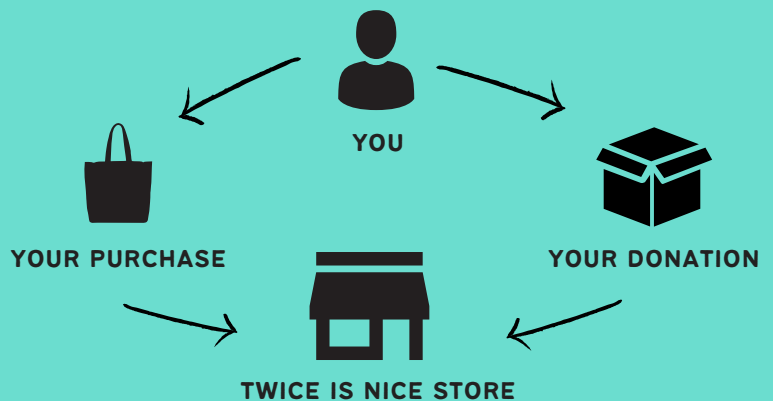


WELLSPRING'S
 TWICE IS NICE

MON-SAT 10AM-5PM

5115-49TH STREET
 MIDTOWN MALL
 WHITECOURT

YOUR DONATIONS GIVE BACK!



YOUR PURCHASES & DONATIONS

BENEFIT:

WELLSPRING'S SHELTER, ADULT & YOUTH
 OUTREACH, COMMUNITY PROGRAMMING

Learn more ↘

WWW.WHITECOURTTAEKWONDO.CA

CULTIVATING LEADERS THROUGH MARTIAL ARTS



Why Taekwondo?

- SELF-ESTEEM
- RESPECT
- FOCUS
- PHYSICAL FITNESS
- SELF-DEFENCE
- DISCIPLINE

Classes for All Ages and Abilities From Little Ones To Adults, and Even Entire Families!

- **TINY NINJA (3 & 4-YEAR-OLDS)**
- **LITTLE DRAGONS (AGES 5-7)**
- **CHAMPS (AGES 8-12)**
- **FAMILY CLASS**
- **HOMESCHOOL CLASSES**
- **AFTER FIRST 2 STUDENTS IN A HOUSEHOLD REGISTER,
EVERYONE ELSE IS FREE, INCLUDING PARENTS**
- **NOW OFFER NINJA BIRTHDAY PARTIES!**
(Secure your date today)!

"Taekwondo has transformed my son's confidence. Through the discipline and challenges, he has gained self-esteem, learned to set goals, and developed a belief in himself." ★★★★★

"Whitecourt Taekwondo has helped my kids become respectful individuals at school and at home. They've learned to value their instructors, treat others fairly, and have more self-respect." ★★★★★

"Training together has created a stronger bond between us. From cheering each other on during belt promotions to supporting one another, Taekwondo has become our family activity we look forward to each week!" ★★★★★

CONTACT US

info@whitecourttaekwondo.com

1-780-778-0202



WHITECOURTTAEKWONDO.COM

IN THE COMMUNITY



YOUR KIDS CAN HAVE A SPORTING CHANCE TOO. APPLY TODAY

To see how we can help your kids with registration, equipment and transportation for local recreation, call 1-877-616-6600. We accept spring and summer applications from January 15th to June 1st and fall and winter applications from July 1st to November 1st.



We believe that no kid should be left on the sidelines and ALL should be given the opportunity to experience the positive benefits of organized sports.

KidSport™ provides support to children in order to remove financial barriers that prevent them from playing organized sport.

780-778-6300

www.kidsport.ab.ca
To apply or donate

Repeat Boutique

Christmas Stock is plentiful, as well as the racks of clothing, books and household goods. Come shop on Wednesday and Saturday for some great deals.



The Repeat Boutique is run exclusively by the Volunteers of the Friends of Whitecourt Society. Our objectives are to promote and support initiatives that further the health and well-being of the citizens of Whitecourt and area.

Friends of Whitecourt Society has scholarships for anyone entering the medical field, get an application and apply.

Volunteers do a number of different jobs at the Repeat Boutique, come join the group and have some fun!

If you volunteer, shop or donate to the Repeat Boutique, you are contributing to the equipment at the Whitecourt Healthcare Centre.

**VOLUNTEERS
WELCOME!
THANK YOU FOR
YOUR SUPPORT!**

DONATIONS WELCOME & ACCEPTED:

Tuesday, Wednesday,
Thursday & Saturday
9:00am-4:00pm
.....

Monday,
Thursday & Friday
7:00-9:00pm

4716-50 AVENUE
.....

Store Hours
Wednesday & Saturday
10:00am-4:00pm





The BGC offers high quality, accredited, licenced child care for children 4 1/2 to 11 years. Purposeful planning of daily activities is geared towards children's needs, interests and developmental levels. Your child's learning and development is promoted through opportunities to communicate ideas, problem solve, explore and experiment. Our qualified and certified staff will promote your child's self-esteem and will build excitement about learning in a fun-filled, play-based environment.

Morning Care Program

Monday-Friday 7:00am-drop off time
\$10.00 per day. Includes breakfast.
Located at 4812 50th Ave.

After School Programs

Monday-Friday 3:15-6:00pm
\$20.00 per day. Includes afternoon snack.
Located at 4812 50th Ave.
Programming includes gym time, outdoor fun, arts & crafts, science experiments and more.

Winter Camps

Will run from January 2 to 5.
We will be closed from December 25 to January 1. We will be increasing prices on January 1, 2024. AM Care will be \$10.50 and PM Care will be \$21.00

LOCATED DIRECTLY
ACROSS FROM
CENTRAL SCHOOL



REGISTER NOW!

**REGISTER IN PERSON AT
4812 50TH AVE. OR ONLINE AT
WWW.WHITECOURTBGCCAN.COM**

**FOR MORE INFORMATION VISIT
WWW.WHITECOURT.BGCCAN.COM
OR PHONE 780-778-6696**



Find us on Facebook!

Join our Remind Class by texting
@riversrec to 587-800-0543

- Co-ed, ages 3-18
- We offer an all-boys class
- One class per week
- Our head coach is certified to coach special or adaptive needs children

Classes offered include:

- KinderGym (Ages 3 to 5 & co-ed)
- CanGym (Ages 6+ & co-ed or all boys)
- Mini Ninja Warrior Obstacle Course (Ages 6+ & co-ed)

Birthday Party Packages are available!

Base Price \$170 plus \$10 per attendee
Bouncy Castle available for \$75.00

All registrations will be on a first come first serve basis
due to class sizes as per AGF guidelines.
Find more information on our website:

<https://riversrec.uplifterinc.com/>

Email with any questions: riversrecgym.info@gmail.com

ALL REGISTRATION NOW TAKES PLACE ONLINE!

We offer 3 sessions per year, each session is 10 weeks long.
Fall Session (September to December): Registration in September
Winter Session (January to March): Registration in December
Spring Session (April to June): Registration in March

Did you know...

Gymnastics is a great foundation for all other sports; our athletes learn fundamental movement skills that develop agility, balance, coordination and speed. These traits are essential for a strong and longstanding athletic career.

Fully equipped recreational gymnastics gym located
inside the Carlan Community Resource Centre
76 Sunset Blvd

We can't wait to see everyone!

IN THE COMMUNITY

BALLAD CONSULTING

Essential Skills to Success is a free community-based job development program. Are you seeking employment preparation skills to lead you to a job just right for you?

We offer Career Counseling, Resume Building, Computer Basics, as well as Safety Courses (First Aid, H2S and much more!) We also offer onsite skill development training in Hospitality and Woodworking/Carpentry.

ballad

Please Contact us at (780) 778-8311 or ests@balladgroup.ca

SEXUAL HEALTH PROGRAM SERVICES

Confidential services by a Registered Nurse include pregnancy tests, Plan B, birth control info, STI testing and treatment, cervical screening, limited drop-in services. For information or an appointment call 780-778-5540 ext. 333

EARLY PRENATAL

Book a session in 1st or 2nd trimester for more info about having a healthy pregnancy. Call Public Health at 780-778-5555

PRENATAL CLASSES

Learn about labour & delivery, after you give birth and newborn baby care. Sign up for online prenatal classes at www.birthisandbabies.com. In-person private sessions are available during the day or evening by appointment. Call Public Health 780-778-5555, ext. 344



*A weight loss support group.
Take Off Pounds Sensibly (TOPS) meet
Thursdays at 9:00am in the basement
of the Whitecourt United Church.*



For more information please call:
Karen Manweiler 780-778-3256 or
Avy Fast at 780-778-0821



www.whitecourtrailblazers.ca

2024 EVENTS

Season Opener

December 14, 2023

Kids Xmas Party

December 17, 2023

Guided Fun Ride

January 13, 2024

Annual Family Snowmobile Rally

February 17, 2024

Thursday Night Wings

February/March - Ride to Eagle River Casino

Please watch for details on all of our events through social media and our website.

ALBERTA SNOWMOBILE ASSOCIATION TRAIL PASS

Contact any of our Trailblazers' Executive for trail passes or purchase online. Buy early and save. Early bird price is \$80 and \$90 after January 1. Your pass is valid for use Alberta wide. www.whitecourtrailblazers.ca



SNOWMOBILE RAFFLE

2024 LYNX SHREDDER DS 3900 TURBO

Draw takes place on Saturday, February 17 at Westward Community Centre.

www.rafflebox.ca/raffle/whitecourttsc



License #650827
MSRP \$24,889

IN THE COMMUNITY

COMMUNITY LUNCH BOX SOCIETY



BOTTLE DROP-OFF



A Cleaner, Greener Community

It's easy and convenient!

Turn your Bottles and Cans Into Dollars That Change Lives



Drop-off at the Lunch Box Bins around Town



Drop-off at the Bottle Recycling Building at 4904 52 Ave, Whitecourt



Call or Text for Pick-Up
780-778-8252

VOLUNTEER



INCLUSIVE OPPORTUNITY

Positive Initiatives in the Community

Our all-inclusive mandate means we have volunteer opportunities for everyone!

- bottle pick up
- food delivery
- bottle sorting
- yard maintenance
- shredding
- special events

Scan to download our volunteer form and join our team!



COMMUNITY LUNCH BOX PROGRAM



Helping Kids Learn on a Full Stomach

PART-TIME



MEANINGFUL EMPLOYMENT

Creating a Culture of Kindness

SUPPORT CENTRE



4904 - 52 Ave
Box 2127
Whitecourt, AB T7S 1P8

Phone 780-778-8252
Email admin@communitylunchbox.ca
www.communitylunchbox.ca

#helpingkidslearnonafullstomach

#kindnessmatters

#ourvolunteersrock

WHITECOURT WOLVES



- Community basketball for ages 6 through 15
- Athlete development and foundational skills
- Fun, teamwork, and sportsmanship in a competitive environment
- No cuts, everyone has a place to play
- In house play and option for ABA Youth Provincials in Spring
- 1 or 2 sessions per week, 16 weeks total
- Registration will occur in December for January-March programs.
- Affordable rates
- Evaluating options for Spring ball, for kids interested in a higher level of competition

Email: whitecourtbasketball@gmail.com

 Whitecourt Wolves Community Basketball
 (link coming soon)

ROTARY CLUB OF WHITECOURT MUSIC FESTIVAL

The Whitecourt Rotary Music Festival promotes music, speech, dance, and the performing arts in Whitecourt and the surrounding area. The festival supports the performance of fine arts by the youth of our community and encourages aspiring artists to perform in a public venue. It takes courage and strength to perform, whether in a competitive class or a non-competitive class, and we applaud them all.

2024 FESTIVAL DATES:

DANCE: Saturday, March 2

STRINGS: Tuesday, April 16

CHOIR/VOCALS: Wednesday, April 17

SPEECH ARTS: Thursday & Friday, April 18 & 19

PIANO: Monday & Tuesday, April 22 & 23

For more information, registration deadlines, and inquiries on volunteering, please contact:
Marilyn Roach at 780-779-1499 or visit

www.whitecourtmusicfestival.com

Rotary
Club of Whitecourt



eastlink park

PARK RE-OPENS DECEMBER 2
(weather permitting)

SKIING/SNOWBOARDING/ TUBING

OPERATING HOURS weather permitting

Wednesday 4:30 - 9:00pm

Friday 4:30 - 9:00pm

Saturday 11:00am - 7:00pm

Sunday 10:30am - 4:30pm

PD Days, Holidays Check website and Facebook for hours.

OPEN
PD DAYS &
CHRISTMAS
BREAK!

LIFT PASS & TUBING ADD-ON

	Pass	Pass with Tubing	
CHILD (5 and Under)	FREE*	FREE*	* FREE with Adult Pass
YOUTH (6-17)	\$30	\$40	
ADULT (18-64)	\$35	\$45	
SENIOR (65-79)	\$30	\$30	
SUPER SENIOR (80+)	FREE	FREE	
FAMILY (2+2)	\$110	\$140	
1/2 FAMILY (1+1)	\$55	\$70	

SATURDAY NIGHT SPECIAL

CHILD (5 and Under)	FREE with Adult Pass	
YOUTH (6-17)	\$25	
ADULT (18-64)	\$30	
SENIOR (65-79)	\$25	Valid Saturday Night 3:00 - 7:00pm
SUPER SENIOR (80+)	FREE	
FAMILY (2+2)	\$80	
1/2 FAMILY (1+1)	\$40	

TUBING PASS

Tubing is dependent on weather and safety conditions. Hours are subject to change without notice during the regular ski hill opening hours. Please check out our website or Facebook page for operating hours.

INDIVIDUAL (6+)	\$20	
CHILD (5 and Under)	\$5	Helmets are included with tubing and must be worn.
FAMILY (2+2)	\$60	
1/2 FAMILY (1+1)	\$30	

Children must be 36" tall to ride. Children between 36" and 42" must ride tethered to an adult. Over 42", children may ride alone. No personal tube or sliding devices are allowed on the tubing runs.

2023/2024 SEASON PASS

BUY NOW & SAVE!	Fall Sale Until Dec 1	Regular After Dec 1
FAMILY (2+2)	\$739	\$789
SENIOR (65-79)	\$309	\$339
ADULT (18-64)	\$339	\$369
YOUTH (6-17)	\$309	\$339
CHILD (5 and Under)	\$40	\$40
ADDITIONAL CHILD	\$100	\$100
HALF FAMILY (1+1)	\$519	\$569
SUPER SENIOR (80+)	FREE	FREE



HELMETS MANDATORY EVERYWHERE ON THE HILL.
Helmet rentals available for \$5.

NO EQUIPMENT? NO PROBLEM!
WE HAVE ALL-DAY SKI AND BOARD RENTALS!



Phone 780-746-3000

100 Roszko Lane, Whitecourt, AB

www.eastlinkpark.com



IN THE COMMUNITY



VOLLEYBALL PLAYERS AND COACHES!



Whitecourt REVZ Club Volleyball is very excited to welcome everyone to another season of fun and great volleyball. REVZ is a volleyball club open to all athletes aged 11-18 to compete in Volleyball Alberta tournaments as well as Provincials and at the teams' discretion Nationals. We provide Volleyball Alberta certified coaches to improve your child's skills and make the season an enjoyable experience.

The season runs from December until mid-May with 2 practices a week and approximately 1 tournament a month starting in February. Teams may choose to attend more than the Volleyball Alberta tournaments so each individual team may have more than 1 tournament a month based on player/parent decisions.

For more information please visit www.revzvolleyball.ca
email revzpresident@gmail.com
or check us out on Facebook facebook.com/revzvball

IMPORTANT DATES!

AGM/information night was held on October 23. In addition to the election of officers this was also when you could get information or sign up as interested for the upcoming season so you can be kept up to date with important dates and information. If you were unable to attend this meeting, please contact revzpresident@gmail.com.

Tryouts will run the weeks of November 26-December 10. There will potentially be 2 tryout nights for each age group depending on the number of athletes registered.



[FACEBOOK.COM/REVZVBALL](https://facebook.com/revzvball)

Offering Skate Canada CANSkate and STARSkate Programs

Session 3 CANSkate
April 2024

Online Registration
March 1 to 15, 2024

www.whitecourtsk.uplifter.com





ROYAL CANADIAN LEGION BRANCH #44

**Mega meat draws
every second
Saturday!**

LOUNGE

Thursday

Open at 2:30pm
Drop in shuffleboard
3:00pm

Friday

Open at 2:30pm
Drop in darts
7:30pm registration

Saturday

Drop in crib 10:00 am
Open at 2:30pm
Meat draw at 3:00 pm

Hall Rentals Call Cheryl at 780-706-4881

VETERANS

Your service officer is just a call away.
Ralph 780-779-8543

MEMBERSHIP

Membership has its perks. Sign up today.
Sue 587-990-6474

**Memberships can be paid online at legion.ca,
by mail to the branch or in person at the branch.**

STUDENTS

You may be eligible for an education Bursary.*

Deadline: October 1

* must have a parent, grandparent or
great grandparent that is/was a Veteran.

Call Barb 780-262-1013

Please call 780-778-3666 for current
information and lounge hours.



Branch 44
Whitecourt

EMAIL: rclegion44mem@gmail.com
WEBSITE: www.whitecourtlegion.com
FACEBOOK: Royal Canadian Legion
Branch #44 Whitecourt, Alberta
MAIL: PO Box 874, T7S1N8

Whitecourt Christmas Hamper



**51 years of providing Christmas
for those who need a little help.**

Apply in-person for your family's personalized hamper.

- no phone applications
- no date or time exceptions

Eligible to residents in Whitecourt, Blue Ridge,
Woodlands County West, Central and East.

- Proof of residency required (lease, utility bill)

GIFT DONATIONS:

Christmas Hamper bins located at select businesses,
mid-November. New, unwrapped toys, stuffies
and family games (no food or toiletries).

CASH DONATIONS:

Drop off: RE/MAX, Whitecourt

e-transfer: mrsgrundy@telus.net
(include address for tax receipt)

Mail: 47 Ravine Drive, Whitecourt, AB, T7S 1H5

MORE INFORMATION:

whitecourthamper@gmail.com

Message us on Facebook

WHITECOURT CHRISTMAS HAMPER APPLICATIONS

**WHITECOURT UNITED CHURCH,
5201 50 Street**

(no exceptions)

**SPECIAL
LOCATION**

Application Dates:

Wednesday November 29th (7:00-9:00pm)

Thursday November 30th (7:00pm-9:00pm)

Saturday December 2nd (1:00pm-3:00pm)

Wednesday December 6th (7:00pm-9:00pm)


Thursday December 7th (7:00pm-9:00pm)

Saturday December 9th (1:00pm-3:00pm)

*Only one individual to attend applications per family,
with knowledge of all information required.*

*This program is for families with dependant children age 17
and under, made possible by the generosity of our community.*





Centre4Work Resource Centre

Career supports and employment workshops

At Centre4Work, we connect Albertans to the services, information, resources, and supports needed to prepare for, find, and maintain work.



Resume and cover letter writing

Access to resume and cover letter writing software, as well as individual support and resume feedback.



Resource centre

Drop-in and by appointment services are available virtually or in-person. Access to computers, printing, faxing, scanning, and a private meeting space.



Value added services

Community resources, referrals, and available food, clothing, and hygiene supports through Lifemark's Food Pantry and Clothing Closet.

Contact us to learn more

Unit 6 - 4739 50 Ave.
Whitecourt, AB T7S 1N8
tel: 587-442-3335
centre4work@lifemark.ca

lifemarkvocational.ca/centre4work

lifemark 
Vocational Services

THE GREAT
CANADIAN
Roadtrip

DOC WALKER
MICHELLE WRIGHT
JASON McCOY



THURSDAY

JANUARY 25 2024

ALLAN & JEAN MILLAR CENTRE SHOW 8:00PM DOORS OPEN 7:00PM

TICKETS

\$71 plus GST

AVAILABLE AT THE
ALLAN & JEAN MILLAR CENTRE

BAR SERVICE & FOOD AVAILABLE. LICENCED EVENT. MINORS MUST BE ACCOMPANIED BY AN ADULT.



THANK YOU TO
OUR SPONSORS



FAMILY DAY WEEKEND 2024

WINTER CARNIVAL

SATURDAY

FEBRUARY 17



SNOW SCULPTURE CONTEST

FEBRUARY 16-20

Families are encouraged to create their own unique snow sculpture, and submit a photo for your chance to win prizes! Visit rec.whitecourt.ca for contest details and how to enter.



FESTIVAL PARK

12-4PM

Ice Slide

Skating Oval

Sleigh Rides

Family Games

Snowshoes & Cross Country Skis to try

Hot Chocolate, Hot Dogs, & Bannock (while supplies last)

... and more winter family fun!



FEBRUARY 19

MONDAY EVENTS

FREE FAMILY DAY PUBLIC SKATING

JDA Place from 11:00am-1:00pm
FREE with a Food Bank donation.

FREE FAMILY DAY MOVIE AT VISTA THEATRE

2:00pm. Sponsored by Primerica.
Cash donations for the Food Bank encouraged.

